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BABYHOOD:

A MONTHLY

MAGAZINE FOR MOTHERS,

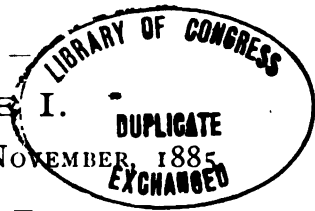
DEVOTED TO

THE CARE OF INFANTS AND YOUNG CHILDREN,
AND THE
GENERAL INTERESTS OF THE NURSERY.

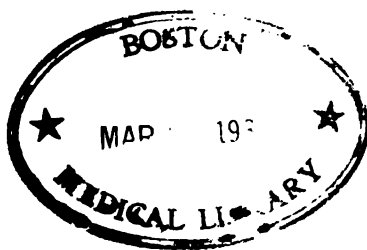
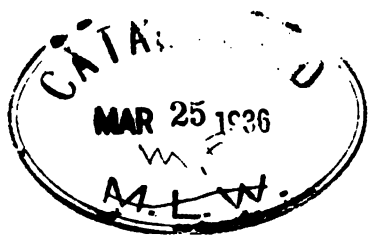
LEROY M. YALE, M.D.,
MEDICAL EDITOR.

MARION HARLAND,
EDITOR OF GENERAL NURSERY TOPICS.

VOLUME I.
DECEMBER, 1884, TO NOVEMBER, 1885



NEW YORK:
BABYHOOD PUBLISHING COMPANY.
1885.



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Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, JANUARY, 1885.

No. 2.

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

BABY ABROAD IN WINTER.

WE have spoken of our Baby as a "half-hardy plant." This family in the vegetable world varies materially with change of climate. The English ivy drapes church and tower and garden-wall with evergreenery in our Middle States. Evergreen roses and delicate varieties of laurestinus, tenderly housed in New York and New Jersey, hold their glossy leaves all the year around in Virginia, and the Luxembourg tea-rose often blooms in the open air on Christmas Day in the same latitude.

Let us take a lesson from inanimate nature in planning to secure for our human blossom such an amount of oxygen and sunlight as may keep it in health and color until "green leaves come again." Some mothers seriously argue that the only actual safety, in a severe climate, against the ills succeeding what is accounted first as a slight cold, consists in keeping the infant indoors from the first of November until the middle of April. He is allowed the range of a house kept at a uniform temperature, is not suffered to sit at the windows or visit the kitchen, and, unless smitten by accidental draughts, or subjected to unforeseen fall of heat in the summer-like rooms, weathers (if the word be permissible in this connection) the winter fairly well. Not quite so well, perhaps, as does the living ball of compounded oil and dirt that has rolled for eight months on the floor of an Esquimaux

hut, seeing no light but that of the lamp beside which his mother plies bone needle and deer-skin thong, but, on the whole, for a product of artificial civilization, passably well.

But while mothers in our Northern clime may not, like their Southern sisters, dismiss their bantlings to bask in sunlight for the greater part of the day, they should count the cost closely before turning their rooms into a conservatory-prison. As the days grow long and bland, the exotic baby must learn to inhale an atmosphere raw and sharp by contrast with that to which his lungs have become accustomed during his hibernation. It is not a figure of speech to say that he suffers at every pore. The day that seems mild to the nurse sauntering with him under a sun-warmed wall, is rigorous to his bleached flesh and sensitive lungs. Generally he pulls through it. The vigilant care that has regulated the temperature of his prison for a third of the year decrees that his trial-expeditions into the new zone shall be made on exceptionally warm days, and avoids for him morning and evening chill.

The antipode of the hot-house system is the hardening process. Of this, childless house-wives, spinsters of whit-leather theories, and a few daring eclectics among professional practitioners of hygienic arts, are the most strenuous advocates. Now and then a father of independent views subjects the most dependent creature within his reach to practical demonstration of his hobby. I

knew such a one, who compelled his only son and heir to go barefoot winter and summer, until he was twelve years old. When the boy got his trousers' legs wet wading through snow-drifts and puddles he wore them wet until bed-time. His parent's hypothesis, based upon knowledge of the regimen that made the noble Indian "all face," was that the consequences of exposure to variations of heat and cold depend upon habit. Hunters, soldiers, sailors, and the red men were the illustrations of his lectures. That the example of a child who sleeps in a civilized bed, beneath blankets, eats hot dinners, and sits, while under a tight roof, in a warmed room may differ materially from any or all of these models of superiority to climatic changes did not enter into his calculations. The boy was afflicted with a perpetual cold in the head, but so were children who were shod more substantially than with paternal conceit. When a lad of ten years old the influenza developed into catarrh, which lasted him until his death at forty.

Thus acts the mother who believes and holds for certain that her baby ought to go out in all weather that is not positively stormy. Fortunately for the survival of any, even the fittest, this class of mothers is never large. We do, however, occasionally meet the subjects of their heroic practice on "black-frost" days, or when the air is thick with dust swirling before March blasts, when every second woman and every fourth man who pass the melancholy perambulator turn to look and wonder, silently or aloud, "Who was so bereft of common sense as to send that child out-of-doors to-day?"

Let the busy mother lay down an imperative rule, as the autumn advances, that the child, if well, must be sent out into the open air whenever the weather is tolerably fine. The routine of domestic occupation—*even house-cleaning*—ought to be suspended for an hour as near noon as is compatible with his siesta; the little one wrapped up warmly, but not smothered in mufflers, deposited in his carriage, and committed to the care of a trustworthy guardian. This last clause is many-sided. It must be a guardian who

will not be beguiled by show-windows to draw the nursling along a damp pavement when the other side of the way is dry and sunny, nor by the love of shopping into leaving carriage and occupant on the sidewalk while she is cheapening bargains within. She will know enough to turn her face homeward when the wind veers, and bleakness supersedes serenity; will be too humane, as well as too conscientious, to make the time allotted for the promenade the occasion for visiting her own friends. Many children have paid with their lives for the stolen indulgence of nurses' calls upon acquaintances living in crowded "flats" and basements, fetid rooms where animal and stove-heat blend into that form of mephitism sadly-familiar to physicians and other benevolent visitors as "tenement-smell." The return through fresh air may have shaken it from the baby's garments by the time he is restored to his mother's arms. The invisible seeds drawn in with his breath that may fructify into disease tell no tales that day or week.

When winter is an accepted fact, still watch for and seize upon milder noons than are the rule, preparing the child to sustain colder weather by thicker clothing and wraps. His panoply of worsted or fur should be securely adjusted before he leaves the house. Knitted woollen drawers, leggings, and overshoes, all in one garment, fastened at the waist, make everything safe as to lower extremities. Long mittens, shirred with elastic at the elbows, leave the hands free and warm. Pack him in with soft, pliable cushions, and tie, strap, or button the outermost covering so that it cannot be easily displaced. For head-gear use a wadded cap, coming down over the ears and tied under the chin.

A word as to the Shetland veil or whatever kindred appliance takes its place. Much observation of its use and abuse has inclined me to the belief that it does more harm than good. If the child submits to it without outcry, and does not work himself into a passion trying to tear it away, it is almost sure to become wet from the condensation of his breath on a cold day, or with saliva, if he be at the teething stage. Should

it remain dry the wearer is vexed by the semi-opaqueness of the fabric, the teasing uncertainty with which passing objects are discerned through interstices in the weaving, and his eyes are irritated by the fluff dislodged by his breath and motions, while like particles find their way into the lungs. Still, since winter-air cut with rough edges, and flinty dust raised by them is pernicious also to Baby's eyes and lungs, some shield must be devised to temper the one and arrest the other. Will the mother accept and utilize the following suggestion?

Screw a number of knobs or buttons, such as are used by carriage-makers, at regular intervals around the front of the folding top of the perambulator. Adjust straps or ribbons at wider intervals along the upper edge of the carriage itself, all the way around from the junction of the top with the body on the left to the like point on the right. Attach to these a net of some thin stuff bound with ribbon or galloon, and furnished with loops or strings corresponding with the buttons and straps on the carriage, completely enclosing the open front. The veil should be



drawn smoothly, but not so tightly as to strain it, forming an inclined plane from the projecting hood of the vehicle to the foot, clearing the baby's face entirely, and raised above the reach of his meddling hands. He

can see all that goes on about him, the wind is broken, and the dust checked by the simple contrivance. Every woman who has known the comfort of a light lace veil hung before eyes and mouth on a gusty day will appreciate the advantage of our screen. The mother's taste may have play in selecting the material for the tent-like covering. Mosquito-netting, blue, green, white, or buff (red would hurt the eyes), would be the cheapest and most convenient fabric. *Écru*-lace net, bound and tied with blue or cardinal-red, would be pretty and quite substantial enough. Silk illusion—of which ladies' veils are made—green, blue, or gray, would have to be joined neatly and fancifully at the selvaged edges, a single width being too narrow for our purpose, but would serve the desired end admirably, perhaps better than any other stuff in very cold weather. An infant thus guarded might be wheeled through a driving snow-storm without getting damp. Aunts and mothers may study out pleasing and novel variations of our shelter, such as home-made nets, crocheted (without figures) of silk, Shetland and Iceland wool.

NURSERY COOKERY.—NO. 2.

WHATEVER may be the form of artificial food prepared for a child under twelve months of age, let the ingredients be few and simple. The natural and the common-sense impulse is to give to nourishment prepared under the mother's eye as it is needed the preference over the patented parcels of doubtful antiquity and unknown components bought from druggists or others. A friend, whose six-months-old child stood in need of hand-feeding, once brought me what she denominated in her maternal indignation "a murderous mess" she had cooked with her own hands in a porcelain-lined kettle. It looked like biscuit-paste, was gray streaked with yellow, and smelled like rancid butter, or, to speak more plainly, soap-grease. When, in the interests of the rising generation. I forced myself to taste it, I was certain of the presence of saleratus or some cognate alkali, and of sugar and salt, but rancidity held the

balance of power. A neighbor had reared three babies upon this preparation and recommended it highly. My hostess had bought the certified package from a respectable druggist, had taken it directly to the kitchen, and opened and cooked it according to printed directions within an hour after the purchase was made.

Like accidents have befallen canned "Infants' Food" of divers brands and tempting titles. I have in mind one warranted to be superior to mother's milk, of which a hungry baby ate six times a day before my compassionate eyes. It was brownish, viscous, heterogeneous, and horrible. The complacent mother knew nothing of its composition except that it was lauded by an acquaintance, and "so convenient, requiring only to be mixed with water to be ready for use." Baby liked it, for it was inordinately sweet, containing brown sugar or treacle.

The most flagrant trifling with infantile digestion that ever came directly under my observation was in a farm-house in a rich grazing country. In a first-floor chamber, where the breath of kine and the fragrance of the warm milk they gave night and morning in foaming pailfuls arose to the open windows, lay a puny baby fighting for his life with marasmus. The tearful mother had had no natural supply for him since he was three months old. Up to that time he was healthy and plump. Since her milk had failed—poor flat-chested, tallow-faced country girl!—Baby had failed too. He weighed less now at four months old than when he was born.

"Mother says I'll never raise him!" sobbed the young matron. "Yet we've done everything we could to save him."

While speaking she was coaxing the almost unconscious creature to take a spoonful of something so equivocal in complexion and consistency that I asked what it was.

"Soda cracker, pounded fine and wet with cold water," was the reply. "We have fed him on it altogether since I lost my 'nurse.' Cows' milk is so apt to disagree with teething babies, mother says, and this is so simple it couldn't hurt a fly. Sometimes,

when he is very weak, I put a little brandy in it."

The story is literally true.

A stout heart may well quail at the thought of giving any recipe for the preparation of other nursery food than the simple substitute for human milk described in our last number. When the cereals that give body to seemingly innocent mixtures, and the sugar that sweetens them, are adulterated for the market, one hesitates to say what is in the cup of pap held to the eager little mouth. While not denying that some of the ready-made foods may be safely used when positively known to be fresh, I may venture to offer a recipe used for a term of years and with excellent effect in my own nursery, and to my knowledge in many others where strong, healthy babies were reared. It is especially useful as food for children whose increase of growth and strength has outrun the mother's ability to provide fully for their needs, and who require more substantial nourishment than "cambric," otherwise "white tea."

FARINA PORRIDGE.

Half a pint of boiling water.

Half a pint of fresh milk.

One large tablespoonful of Hecker's farina wet up with a little cold water.

Two teaspoonfuls of white sugar.

A pinch of salt.

Pour the hot water, slightly salted, into a farina or custard-kettle; be sure that it boils before stirring in the wet farina. Boil and stir a quarter of an hour, by which time the mixture should be well thickened and smooth. Add the milk, still stirring, and cook fifteen minutes more. Take from the fire and sweeten. Give it to the child a little more than blood-warm.

Make as much in the morning as will last all day and be sufficient, when fresh milk is added, to form a supply for a possible midnight meal. Keep it in a cool place, and prepare it for use by the addition of a little hot (not boiled) milk, beaten in. Pour it into the bottle as you would milk, or give from a pap-cup. Be careful to see for yourself that the farina is perfectly free from must or sourness.

Children under half-a-year of age should be fed from a bottle, say the best authorities, suction being the natural process of acquiring nourishment, augmenting the flow of saliva and thus facilitating digestion.

The "best authorities" are men at once wise and humble enough to follow nature's

methods most closely. In the friendly hope that each mother who reads these papers is blessed with such a one in her medical adviser, I add a final word of caution. Give your baby nothing beyond his natural aliment without consultation with this judicious counsellor.

THE FIRST STEPS.

BY LEROY M. YALE, M.D.

IN the long series of events in the baby's life so interesting to his elders nothing is more important to them than his first step. The mother's ambition to have him "forward" is sometimes oddly mixed with a dread lest he should "walk too soon." It will be profitable to consider briefly what a child has to learn and to accomplish before he can walk, why his success is often tardy, and what injury, if any, may result from too early walking or standing.

As regards locomotion, the new-born infant is singularly helpless, compared with the young of the lower animals. Most of them are able to crawl about, and some even to run, immediately after birth. But the child before it can walk must learn to hold itself erect, and this it does not do by instinct but by a long, tentative process. Notice a new-born or very young infant; he allows his members to follow to a great degree the demands of gravitation. His head is so mobile and helpless that the careful nurse supports it at every movement. His spine has none of the established curves that we admire in adult life, but bends this way or that according to the position in which he lies. His limbs still retain in some measure the prenatal, bent positions, and are rarely fully straightened. This relaxed condition is due partly to a want of muscular strength, but at least as much to the child's inability to direct his movements. He clings tenaciously to an object he has chanced to seize long before he can guide his hand to it.

A child has, therefore, made his first approach to walking when he has gained the power to hold his head erect, and to turn it at will. Presently he gains a like power over his back, and at the same time he is acquiring precision in the use of his hands, and now he sits unsupported, and busies himself with things within his reach. Before long, having ceased to be content with objects at hand, and being stronger and steadier in trunk and limb, he throws himself upon all-fours, and crawls off toward some more remote, desired thing. By this time he has gained the habit of straightening his lower limbs until they are in a line with his body, and as he crawls about he essays to draw himself up by the aid of articles of furniture until he stands erect. In a little time his spine takes the curves necessary to keep his centre of gravity between his feet, he learns to keep this equilibrium, lets go of his support and stands alone—he is ready for his first step.

Some one has defined walking as a perpetual falling forward interrupted by the advancing of the foot. To advance the foot without this forward plunge of the body is not walking, but rather kicking. Of course while the one foot is thrust forward the weight of the body must be balanced on the other, and so, with swaying body, the child plunges ahead until he safely reaches some support, or until he loses his balance and falls forward, or else, in attempting to escape this, sits down on the floor. By constant repeti-

tion he soon masters the problem of balancing, and walks securely.

Now all this may sound trivial, but it is only by a prolonged preparation and much experiment that a child usually learns to walk, and the process is as difficult actually as the feats of balancing we sometimes wonder at in adults. Fortunately, he passes through it at an age when he hesitates little at dangers, if, indeed, he recognizes them, and when self-consciousness has not aggravated a natural timidity. A long time is required for a child to learn to walk, and the age at which different children acquire the art varies very much. We have occasionally seen a child walking strongly and steadily at eleven months, while others, who finally walk perfectly, have scarcely made an attempt at a year and a half.

Our second inquiry is one which is often asked the physician: "Why does not my baby walk?" In answer we may say, first of all, that delay in walking does not necessarily imply physical disease or weakness. A child's disposition may have much to do with it; courage and self-confidence make the infant forward, while timidity will make him backward. The example of other, especially older, children stimulates the enterprise of an infant; while, on the other hand, too constant attention from nurses relieves an indolent child from the necessity of exertion. When the tardiness passes beyond the ordinary limits it may be due to some weakness, either natural to the child or perhaps the result of some definite disease. Any severe ailment may entail such debility as to interrupt the natural development of the child in this direction. Even the process of dentition may have such an effect. Many times we have been told at clinic that the child, who had already begun to get about, "lost his walk" as the result of teething or of some disease. Moreover, any lowering of the general condition, without a special fit of illness, may have a like result. Sometimes a paralysis of limb may be at the bottom of the trouble, but this is likely to be recognized from the fact of the illness that preceded it, or from the powerlessness of the limbs for

other purposes than walking. So, too, injuries, such as fractures and dislocations, have sometimes been overlooked, although it would hardly seem that they could be, by persons of ordinary observation and intelligence.

To any one anxious about the tardiness of a child in walking we would say, first of all, Do not hurry and do not worry. Try to ascertain if the child is well as to his digestion, nutrition, sleep, and all the matters that go to make up general good health. If you are convinced that your child is in perfect health, and your opinion is confirmed by your medical adviser, it will be perfectly proper to encourage him in every way, as the tardiness is probably due to mental peculiarities alone. If he has had an illness do your best to bring about his complete restoration. Observe closely whether he uses his lower limbs freely and strongly when sitting and lying, and whether he uses the two with equal freedom and force. If he does so the limbs are probably sound. If the examination leaves any doubt in your mind ask your family physician to decide the point for you.

Again, the question is asked: "Will it hurt the baby to walk so early?" Injuries usually attributed to early walking are bow-legs, knock-knee, and weak ankles. The phrase "weak ankles" generally means an ankle that is not firm in its support of the body by reason of relaxations of the ligaments, particularly those on the sides of the joint. Occasionally we see a "weak ankle," which is such by reason of a general flabbiness of tissues, the muscles of the leg which move the foot sharing in this weakness. There is a kind of knock-knee also due to relaxed ligaments, but it is not very common in children, being usually acquired later, as a result of injury, or of some peculiar occupation. A form of bow-legs, too, is very similar in its origin, but this is not the form most common in children. Still, if a child were urged to walk before his joint tissues were strong enough, deformities of this sort might ensue.

The commoner forms, however, of both knock-knee and bow-legs arise in another

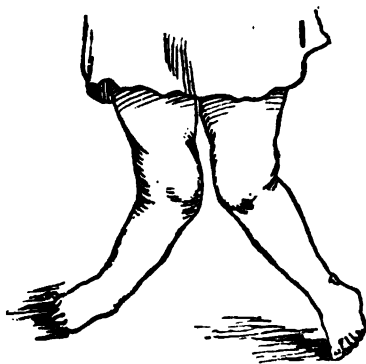
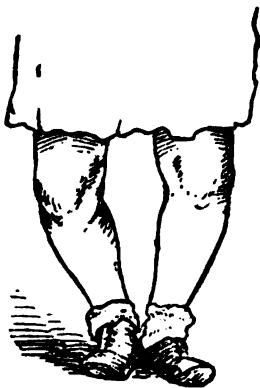
way. They depend upon a peculiar constitutional condition sometimes seen in childhood, which is called rickets. This manifests itself in various ways, but most strikingly in a change in the proportions of the earthy and organic constituents of the bones, by which the latter lose their natural stiffness to a greater or less degree. Now, this condition is most commonly developed between the ages of five or six months and two years, the period within which the learning to stand and to walk usually falls. If the bones be softened from rickets it follows that they will be very likely to bend more or less under the weight of the body, and, if nothing be done to prevent it, the bending will gradually increase until a striking deformity results, to be made permanent by the hardening of the bone which ultimately takes place. The place in which these curves occur, and the directions they will take, depend upon various circumstances, such as unequal degrees of softening, and the way in which weight and muscular force are brought to bear upon the bones. In knock-knee the bending is such that when the knees are placed together the ankles remain apart; in bow-legs the reverse takes place—the feet can be brought together while the knees are separated. Of course every degree of these deformities may be found, and, further, the curves often take place in more than one direction, giving to the limbs a peculiar twisted appearance. This is particularly true of the lower part of the shin-bone, which often bows outward and forward at the same time.

The accompanying figures represent a case of bow-legs of considerable, but not of the greatest, severity and a very bad case of knock-knee, in which is seen the peculiar twisting referred to.

It will be observed that while these deformities are consequent upon walking, they do not literally depend upon precocious walking. They are due rather to the fact that at the time when the child properly should have been walking his bones were not in a healthy state. Even when a child thus diseased makes no attempt to walk, but keeps upon "all-fours," we sometimes see

the arms become distorted in place of the legs.

We may say, then, in a general way, that a healthy child, if he be not urged to walk, and be not placed upon his feet by well-meaning but mischievous friends, will not walk too soon; by the time he has gained the skill to balance himself he will be strong enough. Within a day or two we were asked



by a young father whether he should allow his child, only eight or nine months old, who showed already a great inclination to stand, to do so. Our answer was to the effect that a child of such an enterprising temper could be restrained only with very great difficulty; therefore, if the father felt certain that the child was in good health, he might let him alone, but should not encourage him. We thought, however, that in view of the unusually early age of the baby he should be

watched carefully for some time to make sure that no damage was resulting from his walking.

The duty of the parent is to make sure, if possible, that the child is healthy; if there be any suspicion of rickets he should be prevented from walking, and while given all advantages of air and sunlight, with proper dieting and treatment, directed by a physician, he should be kept as far as possible in a recumbent posture. To discuss the signs of rickets would take us beyond the limits of this article; but we shall at some future time recur to it.

Before leaving the subject of walking we may mention certain errors of gait indicative of particular diseases. There are a great many such significant modes of walking, but only a few of them are likely to be observed in childhood. We may, perhaps, pass over the peculiar drag and swing of a limb that is paralyzed because, as a rule, this is the sequel of a well-recognized fit of illness rather than a symptom of a beginning trouble. We shall, however, dwell a little upon the modes of walking of a child in whom a disease of the spine or of a joint is commencing. The general rule of all such modifications of gait is that the motion of the sensitive joint is impeded by an instinctive attempt to diminish the pain or irritation. We assume that the parent is familiar with the natural, free gait of a child. The perfect ease with which he moves, and the equality with which the motion is distributed between the two limbs, the unconsciousness with which the body shifts its weight from side to side, backward and forward, as he runs, are delightful to see. Let any single joint become sensitive, and immediately the harmony is disturbed.

If, for instance, a knee is in trouble, it does not bend as freely as before; very likely it is kept a little bent, and the whole limb is swung forward as one piece; and the shortening of the limb caused by the bending will be made up by the dropping of the toe and lifting of the heel. So, too, if the hip is tender, the thigh no longer swings easily forward while the body is balanced on the other limb, but the haunch goes with the thigh; and as a consequence the body moves much more than in health. When, therefore, a child is observed in walking to swing one hip forward more than he does the other, it is well to watch him closely and to ascertain, if possible, why he does it. Naturally there is very little oscillation in the hips in a good walker, but it should be noted that very young children, who have but recently learned to walk, swing their hips more than older children or adults. But in health, at all ages, one hip moves as much as the other.

In health the spine is exceedingly flexible, and follows with a sinuous motion all the movements of the lower extremities. Let any part of it become sensitive and it at once loses this flexibility. The trunk is carried with a more than military rigidity, and every bending of it is avoided. If it be necessary for the child to stoop he no longer bows over as before, but contrives to make the hips and knees do all the bending, or steadies his body by placing his hand upon his knee or seizing articles of furniture.

In describing these peculiarities of gait we have omitted all technical details, and have mentioned only such things as an ordinary observer may readily see. Early recognition of these peculiarities often saves months of regret.

A FEW WORDS ABOUT CHOLERA.

AT the present moment the cholera is a prominent topic of discussion both in journals and the daily press. There is already some anxiety lest it should be visited by this

pestilence during the present year. It would be rather strange if we should entirely escape from an epidemic that has so recently prevailed in countries with which we are in close commercial relations. But whether we shall

actually have an outbreak of cholera here or not no one can tell.

In one sense cholera does not concern the nursery, as young children are not particularly liable to it; on the contrary, they, and especially sucklings, enjoy a relative immunity. But, as the writer had occasion to observe in the course of the epidemic of 1866, they do not wholly escape. A word of admonition, therefore, will not be out of place here.

Boards of Health do much to prevent and eradicate cholera, but individual vigilance can do even more. First, then, let every one be on the watch against filthy surroundings. The necessity of keeping the house, the cellar, and the yard free from filth, and of guarding against impurity of the water-supply, has been so often insisted upon that it seems superfluous for us to dwell on these points. We would, however, observe that people living in the country often permit sources of dangers to exist which the severity of inspection in large cities would suppress. We have frequently seen at the kitchen-door of a prosperous farmer's house an accumulation of fermenting refuse that would not be endured for an hour in a city.

Probably the most active of all predisposing causes are disorders of the digestive organs. Therefore everything that has a tendency to bring about these disturbances—such as errors and excesses in eating and drinking, over-fatigue, over-heating or chilling of the person, and the like—should be carefully avoided. It has seemed to us that the injurious effect of great anxiety is due chiefly to the disordered digestion that is likely to ac-

company such a state of mind. The watchful care of the digestion is useful not only as a guard against a predisposing cause, but it is pre-eminently valuable in giving warning of the beginning of the actual disease. It is a well-known fact that cholera, if treated in the preliminary stage of diarrhœa, is checked in the vast majority of cases—some authorities say in ninety-five per cent. of them. But it is also a fact that very many, if not most, persons are prone to consider this premonitory symptom as of no consequence, and to pay no attention to it until the gravest symptoms appear. Therefore, in a season when cholera is reckoned among the possible disorders, everybody should give careful attention to himself and to his children.

There is one thing more within the control of each household—namely, the disinfection of everything suspected of containing cholera poison or considered proper soil for its development. In the last outbreak of cholera in this city, in 1866, the Board of Health had to deal with several hundred cases of cholera, exclusive of those occurring on the islands within the city limits. As soon as a case was reported a corps of officials thoroughly disinfected the premises, and it is stated that in not a single instance did the disease spread. Its epidemic character was destroyed.

We feel, therefore, that we may say with confidence that if every household would institute a sanitary police for itself, which should guard against filth and slight bowel troubles, and should attend strictly to disinfection, it is probable that, while sporadic cases might occur, no cholera epidemic would ensue.

NAMING THE BABY.

BY EDWARD EVERETT HALE.

“GEORGE BRANNAN, here is a note from Dr. Withers. He will be ready to christen the baby to-morrow at church. Alice will have her twins there, Mrs. Fréchette will have Willy there, Mrs. Decker will have her baby. You will be there, and I, with dear

little Puss; and Dr. Withers will say to you, ‘Name this child,’ and what in the world will you say?”

This was the welcome which nan received as he came into ‘met his wife equipped for a dr

on her gloves, and walked out with him to the wagon. This serious matter must be settled this time.

What should the baby be named? It would seem easy enough to say that the father should name the boy-babies and the mother the girl-babies. But the Brannans had no such rule, nor would it have worked well if they had.

"If only that woman had not written that book I should name her 'Gwendolen.'"

"George, you have said that ten times! But the woman has written the book, and we cannot help it. Besides, it would be dreadful to go about the world named 'Gwendolen.'"

"Yes, she may not look as if she was named 'Gwendolen,'" said poor George, crestfallen.

"Right you are, George," said his wife, who was too ready to pick up harmless slang. "That rules out a whole class of names—'Rose' and 'Blanche,' for she may not be either rosy or white; 'Pearl' and 'Ruby' will not do, and even 'Grace' and 'Hope' and 'Relief,' and all names of attributes are bad. She will be graceful, of course, but one does not want to say so."

"And if you call her 'Polly' people will think of Polyglot," said poor George. "How many Christian names did you say there are?"

"I don't know; I wish I did. But there are rather more than three thousand Scripture names. Should not you think there were three thousand more—well—not Scripture?"

"Profane?" asked George.

"I do not like to say profane. Now, 'George' is not profane—there was a Saint George."

"Yes, they say he was a beef-contractor. 'George' means farmer. We might call her 'Georgiana.'"

"Only then she would mix up badly with our Georgie, and he is so big. No, we will not call her 'Georgiana.'"

"Hephzibah?" suggested George for the hundredth time.

"Grandma herself does not want the child

named for her," replied his wife firmly. "I asked her."

"It should be 'Hephzibah,'" said George. "Perhaps grandmamma would like that better. It means 'my delight is in her,' and that is just what you want to say."

"That is true, that is true. But you see nobody understands that; and they would be sure to shorten it to 'Hepsy.'"

"'Hepsy' is very pretty. I should call her Hepsy myself. If you only remembered Hepsy Sul—"

"My poor George! She would not be called 'Hepsy' only—she would be written 'Hepsie' with *ie*."

"Better she should be seized by corsairs at Long Branch! Whatever else happens, it shall be impossible to have an *ie* at the end of her name."

It is also impossible for us to continue the conversation in its heartrending details. So wretched is the fate of a child handicapped with the wrong name that these parents were wise to struggle with the question, even in agony. They returned from their drive with the question wholly undecided.

They renewed the discussion at tea, with the help of Nahum and Gerald, Evelyn and Berenice. "Two Scripture names," said George sadly, as he greeted them; "and two—well, not profane, but—but chivalrous."

"The trouble with a Scripture name," said Nahum, "is that no one knows its meaning."

"I do not think anybody knows the meaning of 'Gerald,'" said his cousin.

"Oh! yes. 'Gerald'—it must be Saxon: 'Gere hold,' a phrase in falconry, from 'him who holds the ger-hawk.'"

"Holds the fiddlestick!" said Gerald, laughing. "Begin at the beginning; choose the name from the sound and the association, not from the meaning."

"George Philips named his baby from their successful flight from Babel. He called London 'Babel.'"

"What did he name her?"

"She was a he. He named the boy 'Zerubbabel,' which means 'one who has left Babel behind him.'"

Julia shuddered. "Poor little thing! Dread-

ful that a little, gentle, pink baby should be named 'Zerubbabel.' Did he die of it?"

"Not much, I think. I believe he is Wendell's ancestor. But we cannot name Puss 'Zerubbabel.' She is a girl, and we cannot call her 'Maher-shalal-hashbaz.'"

"George, you shall not say such dreadful things. If you do I will go to church early, and take Gerald for a godfather. You shall come too late."

"Let me begin, then," he said penitently.

"Alice?"

The comments were various. A perfect name, but too many just now. One associated with Alice Green or Alice Jones.

"And why should not we?"

"True enough. But why not? Well, 'Clara,' then?"

"Well, I thought of 'Clara.' It is a little grand. I like 'Clare.'"

"Dorothea?"

"No. They would make that into 'Dollie,' with an *ie*."

And all these nice people trembled again.

"Evangeline? Mr. Longfellow invented that name. He told me so himself."

"There never will be but one Evangeline."

"Fausta?"

"Too grand. Sort of Roman."

"Gertrude?"

"Simply perfect. The least bit too perfect."

"Harriet?"

"Perfect, if they could not make it into 'Hattie.'"

A general groan and shudder.

"Imogen?"

"Perfect also. But is it not too perfect also?"

"Perhaps. Well, then, 'Jessica'?"

"Perfect, but 'Jessy' could be spelled—"

"Katharine?"

"Perfect; and 'Kate' for short."

"Mary?"

"Perfect but for 'Mollie.'"

"Well, then, 'Miriam'?"

"Miriam is simply perfect."

"Nathalie? Now, that is a legitimate *ie*."

"Yes, 'Nathalie' is perfection."

"Olive?"

"Perfect. And do you remember Olive E——?"

"I will not have names judged by people. This child is white paper."

"Pauline?"

"Yes, and Pauline — is so handsome and so good."

"Hush! you are trespassing."

"Rachel?"

"Perfect again."

"Susan?"

"Admirable but for the *ie, in posse*."

"Thyrza?"

"No; it is poky."

"Well, 'Wilhelmina'? Just remember that pretty Willie S——, who married—"

"Who is bringing in personalities now? Still, 'Wilhelmina' is a good name."

"Ydolem?"

"You goose! that is not a name. It is the name of a tune."

"Fiddlestick! It is only the word melody backward."

"And I suppose," said the mortified George, "that you will not let me have 'Xantippe,' either with an X or a Z? Socrates spelled it each way, and never liked it."

"Beware lest I try an experiment in that line."

Gerald had been keeping the tally.

"Here are ten perfect names," he said, "without any exception: Clara, Gertrude, Imogen, Katharine, Miriam, Nathalie, Olive, Pauline, Rachel, Wilhelmina. To which I should like to add 'Julia,'" he said, bowing to the hostess.

"And you have left out 'Berenice,'" said Nahum, bowing also.

"No," said Berenice Hobbs, who was the lady thus referred to; "the name is a good name in itself, but the girls will call you 'Berry.' Let me, if I am to suggest, substitute 'Beatrice.'"

"Then there are 'Ruth,' and 'Lucretia,' and 'Emily,' and 'Ellen.'"

"I knew a girl who spelled it 'Emilie.'"

"But she was a French girl and had a right to."

These sixteen names were then written on

different lines by Gerald, who then cut the paper into sixteen strips. With the strips they went into the drawing-room. With no light but that from the open door, they shuffled them, and then Gerald threw the slips all on the table. Julia, with a certain terror, seized one and ran back with it to the tea-table.

"Wilhelmina."

A pause.

"Whatever else the child is named," said George, as they all gathered around the drawing-room fire, "she shall not be named 'Wilhelmina.'"

"I am so glad you say so," said Julia. "I seemed not to care till that lot was drawn."

"It is not as if there were no other names. Did you not say there were seven thousand, and this is besides family names? Now, we might name her from your grandfather or mine, 'Leicester,' or 'Noble,' or—"

"George, be still. It is bad enough to choose from seven thousand. From seven million I will not choose. Gerald, would you be kind enough to bring the other slips of paper from the breakfast-room? They lie by my plate."

Gerald brought them. Julia threw more than half into the fire.

She gave one to each of the others and reserved one. There was one slip left, which she rolled into a little ball and threw into the scrap-jar.

Berenice read her slip: "Gertrude." A dead pause.

The pause became painful. Nahum smiled sarcastically.

Gerald paused.

George looked at the chandelier.

The pause became intolerable. "She shall not be named 'Gertrude.' I shall always feel as if I were sitting in the castle of Otranto, and Mrs. Radcliffe held a dagger at my side."

"I am so glad you say so," said Berenice.

They all held their papers still.

"Nahum," said George, "you shall name this child."

"I saw a very pretty silver cup at Tiffany's yesterday. It is in the second case, in the 4 division, on the north side. You might

speak to Mr. Cotting. He will remember me."

Nahum nodded. He read the fatal paper: "Imogen."

"Never!" screamed Julia. "A child of mine named Imogen and acting stage plays badly at the tail of a cart in Cranberry Centre before she is fifteen? It shall not be 'Imogen.'"

"I thought so," said Nahum. "I hoped for 'Ruth.' It is much prettier on the cup."

Gerald read his slip: "Clara."

A slight murmur of assent. "A ministering angel there," said he.

"Yes," said Julia, meditating, "and that reminds me that we might have put in 'Constance,' and we certainly should have put in 'Florence.'"

"Shall we begin again?"

But no one seemed disposed to begin again.

"I think we will not call her 'Clara,'" said Julia with resolution. "Her complexion may not be clear, though now it is perfectly transparent."

"Evelyn, it is your turn. I should name her for you, love, but it would be such a bother to have two Evelyns about all the time."

"It is a nice name," said Evelyn, "I can tell you that." And Nahum Chesnelong looked as if he thought so too. Evelyn read her paper: "Rachel."

"Rachel is good. I like 'Rachel.' I like 'Leah.' Let us put it to vote. Here are red counters. Here are white. All who vote for 'Rachel' will drop white into this vase as they pass by. All who vote against it will drop in red."

So all rose from their comfortable sleepy hollows and voted. There were six red counters.

"Then she must be named 'Leah.'"

"George, take care how you talk nonsense. Remember, I may have the carriage early and take Gerald to church with me. You can never arrive in time on foot."

"Can you forbid the banns at a christening?" said the incorrigible George. "This is certain, that at the last moment the deci-

sion is mine in our happy Congregational forms. It was for this, as the parson says, that Winslow and Winthrop and Dudley crossed the ocean and settled in a wilderness, that they might name their own babies with never a Romish sponsor between. Meanwhile look at your own paper."

And Julia looked and read: "Nathalie."

"No," she said a little crisply, "I will not name her 'Nathalie,' unless we go to live in Normandie."

"Then, after all," said George, "the lot is in my hands." And he read with triumph: "Julia."

"I said so—I said so from the beginning. It was only under fire that I fell back on 'Hephzibah, my delight is in her.'" And he cherished his wife in victory.

"George, I am perfectly ashamed of you! Gerald, Nahum, Evelyn—all of you, would you sink into 'Old Julia' before you were twenty-five? 'Old Julia' and 'Young Julia,' 'Big Julia' and 'Little Julia'—I think so, indeed!"

"Then the child will have no name," said George ruefully, after another long pause. "Well, there is no need of a name. She has had no name for six weeks. Girls had no names in Rome. They were only numbered. It was Julia prima, Julia secunda—that was the way my grandmother was named 'Octavia.' Puss will have to look out for number one, that is all."

This suggestion, which sent the poor child out into the world like a deficient bit of sheet-

ing on which the manufacturer would not put any name, naturally depressed the little company.

Nahum, who was always sympathetic, felt tenderly for his cousin Julia. After they had sat a minute in silence he said, hardly above his breath: "There is one chance more."

"I do not see that," said George.

"Nor I," said Julia.

"Yes," said Nahum and Evelyn at once. They had the same thought, and she pointed at the Japanese vase into which Julia had thrown a little, despised, and ignoble wad of crumpled paper.

"True," said Julia, "our safety is there." She flew to the vase. She upset it on the floor. Old spools, stems of roses, half-burned alouettes rolled out upon the carpet. From the rest separated itself the little sphere of crumpled paper.

She carried it to the chandelier.

She unrolled it trembling.

She held it to the light.

"Olive!" she cried.

"Olive!" "Olive!" "Olive!" The air echoed applause.

"Olive is shall be!" And then they all went to the theatre, and saw Ellen Terry in "Twelfth-Night."

As they rode to the church the next morning with Mrs. Snow, the nurse, and the baby done up in cotton wool, Julia said to George: "Do not forget at the last moment, darling. It would be dreadful if, after all, she were 'Hephzibah.'"

THE INFANT'S MIND.

BY CHRISTINE LADD FRANKLIN.

OF the many ways in which the search after knowledge has gone astray, of the many instances in which it has completely overlooked important subjects of inquiry lying in its very path, none is more remarkable than the persistent neglect which has attended the study of the development of the infant's mind. What ideas are innate

and what are acquired, what inherited faculties are present at birth and what appear at a later age, what is the origin of general notions, whether thought is possible without language—these are some of the questions about which discussion has been long and bitter, and about which discussion, not based upon observation or experience, can easily go on for ever. The

a *priori* method of deciding doubtful points has been pretty thoroughly put to rout in the natural sciences. Nothing shows more strikingly the wide gap between the methods of science and those of philosophy than the fact that the very ground where, if anywhere, some foundation for philosophical theories might have been looked for, is the ground which the philosophers have left totally uncultivated. A distinguished physiologist has expressed his thankfulness for the creation of that most useful animal, the frog. The philosopher, instead of being thankful for the opportunity of studying the development of mind in a living subject and from an embryonic stage, has persistently ignored his great gift, and gone on fabricating theory after theory in the dark closet of his own consciousness. The first systematic study of a child has been made by Professor Preyer, of Jena.* For a period of three years he devoted three hours a day to observing and experimenting with his infant son, and to writing down the results of his study. Scattered observations, notes of progress recorded from time to time, have been made before, notably those of Darwin and of Taine, but this is the first time that an infant has been made the subject of such unremitting and careful investigation. To obtain the most valuable results many children must be studied, and there must be a comparison of observations; but, as Professor Preyer has said, more can be learned from one child than from none. The main object of his research has been to determine what functions are inherited and what are not. The contents of an egg when frozen into a solid mass are incapable of sensation, but by thawing and three weeks of warmth those contents become changed into a living chicken, possessed of senses and power of motion, ready at once to pick up the grains of corn which it recognizes as its proper food. Whence has it derived these wonderful powers, which are not

to be detected by any chemical or physical means in the substance of the egg, and which still must find in it their only physical bond of union with the exactly similar powers of the chicken's ancestors? If to say that they are inherited is in reality to say very little, if the difficulty of accounting for them is only removed one step farther back, at least some necessary preliminary light will be thrown on the subject when it has been determined what powers in the child are, like the chicken's, inherited, and what are the result of education. The mind of a new-born child is not a *tabula rasa*; it is rather a tablet covered with half-obliterated inscriptions, traces of the experience of many past generations. To decipher this hidden writing is the problem which Professor Preyer has proposed to himself.

The book divides itself into three parts: it considers in turn the development of the senses, the will, and the understanding. We give a selection out of the many interesting results arrived at; some few of them are confirmed by previous experiments of physiologists.

Vision, in any proper sense of the word, is not in the child's power in his first weeks. He begins by distinguishing masses of light and shade; a small bright spot when very bright, as a candle-flame, he can separate, after a few days, from the surrounding gloom. Of colors he learns first to know red and yellow; the blue end of the spectrum gives him much more trouble, possibly because blue is more absorbed than the other colors by the blood-vessels of the retina. The involuntary closing of the lid when an object approaches the eye is wholly wanting at first; it is developed by the unpleasant feeling of a sudden change in the field of vision (not as a means of warding off a recognized danger), and its occurrence in the second and third month is a sign of completed power of seeing. Wide-open eyes are a sign of pleasure; discomfort and pain are accompanied by a partial closing of the lids. For the first three weeks the child's evident look of pleasure on being put into the warm bath is due to the open and shining eyes (shining from an increased se-

* "Die Seele des Kindes. Beobachtungen über die geistige Entwicklung des Menschen in den ersten Lebensjahren. Von W. Preyer." Leipzig: Th. Griebner. 1882. (Pp. xii., 424.) ("The Soul of the Child. Observations on the Mental Development of Man in the First Years of Life. By W. Preyer.")

cretion of the tear-glands), and the audible and visible laughter of a later day is only an increase of this "laughing with the eyes." The motions of the eyes are at first unsymmetrical; co-ordination is brought about by degrees, as it is found to be conducive to clearness of vision. There is another independence of nerve branches which afterwards disappears—the infant can turn the eye down while the eyelid is wide open, something which the adult has lost the power of doing. On the other hand, contraction of the pupil takes place at the moment of birth, while convergence of the lines of vision and accommodation of the crystalline lens are established a little later. The difference is that between old-inherited (palæophyletic) reflex motions and those of a later date (neophyletic). The adaptation of the pupil to different degrees of brightness, which takes place at once and without exception in children and also in lidless animals, must have been acquired at an earlier time in the history of the race than winking, for instance, which appears later and less generally, and which is, in the present generation, still capable of being controlled by the will.

A ready-made mechanism for the perception of a third dimension the human child is not provided with, but chickens and pigs and many other animals can distinguish solids and estimate distances immediately after birth. Their organ of sight is at first relatively larger as well as more developed than that of man, but it is incapable of being improved by exercise.

The new-born child, as is well known, is deaf; the passage in the external ear is closed, the tympanum is too slanting, and the tympanic cavity is not yet filled with air. It is usually two or three days before it shows sensibility to sound. Direction of sound is perceived after the first month. A comparison between the mental powers of children born blind and those born deaf makes it evident that after the first year the sense of hearing is of far greater service in the development of the understanding than that of sight. Taste is at first the best developed of all the senses. Bitter and sour substances

cause various grimaces and unmistakable signs of dislike immediately after birth.

Of general feelings the child has not many at this time, but they may be very strong. Hunger and its satisfaction are the two great causes of its pleasure and its pain. In Germany, however, the child has one source of happiness which is unknown to it in other countries, that of being freed from the tight swaddling-clothes in which it is bound up—a custom, Professor Preyer says, which is still far too wide-spread. Drawn-down corners of the mouth are one of the earliest signs of discomfort, and crying is not an accomplishment which the child has to be taught. Professor Preyer himself cannot find out, any more than the humble nurse, why the child cries when warm, dry, and well-fed; like her, he can only attribute it to an inborn desire for crying—a source of the exercise, perhaps, which it cannot get with its legs and arms. On the whole, the first period of human life is one of the least pleasant. There are few sources of enjoyment; discomforts and pains prevail until sleep interrupts them.

Little as is known of the child's emotions and feelings, it is still certain that they are the first of the psychic processes to make their appearance. From the frequent repetition of feelings of different character come memory, the power of abstraction, and that of forming judgments and conclusions. The feelings are the all-powerful factor in the development of the understanding and the will.

The new-born child has no will. By repeated comparison of his sensations he must learn to distinguish those which are desirable from those which are not, before his will can declare itself. To study its development it is necessary to observe from the beginning the child's every motion—something which has never hitherto been so much as attempted. The author follows Bain in laying great stress upon the fact that the child's earliest motions are impulsive—that is, purposeless—and brought about simply by the discharge of superfluous nervous energy which has accumulated in the nerve-centres. By degrees the will exerts itself in two ways: in controlling some of these motions, and in diverting

others into channels in which they can make themselves useful. How different this is from the notions of speculative philosophers may be seen from the fact that Kant considers the first scream of the child to be the first expression of his will ; he hears in it the sound of indignation and angry wrath. Not because something pains him, but because something vexes him, does the new-born human being scream ; the reason is that he wishes to move, and feels that his inability to do so is a fetter which takes away his liberty.

Under the head of the understanding, Preyer first discusses the question (now no longer a question), Can there be thought without language ? Had the philosopher, in the days when he scorned to receive assistance from the study of mind in the lower animals, ever happened to enter a nursery and to turn his attention for a moment to young children, he might have saved himself much troublesome debate. He would have found plenty of examples of logical proceeding unassisted by the power of speech. When his child was sixteen months old Preyer gave him a *zwieback*, which he took from the pocket of a coat hanging in a wardrobe. After he had eaten it the child went straight to the wardrobe and pulled at the pocket of the right coat for more. At seventeen months, when he wanted a toy which was on a table out of his reach, he ran for a travelling-bag, put it in the right place, climbed up on it, and got the toy. But while language is not indispensable to highly complex reasoned conduct, it is

essential to the formation of very abstract conceptions. The man of small vocabulary is necessarily a man of few ideas ; a notion is acquired with clearness only when one has compared it with the notions which other people have of the same thing, and to do this it is necessary to mark it off from similar notions by a name.

The habit which children have of using the same name for a number of somewhat related things (as *quack* for a duck and the water in which it swims) is a habit which they do not abandon when they are grown up. Without it, as Preyer cleverly says, the greater part of the theological and philosophical literature in the world would never have been written.

Nearly a third of the book is concerned with learning to talk. There is a full discussion of the organic prerequisites to speech and of the order of their development, and there is found to be an exact parallel between the imperfections in the speech of children and the disturbances in the speech of grown people brought about by disease. It is made clear by an abundance of facts that a child can understand what is said long before he can speak himself ; that he takes delight in uttering all the sounds of his future language (and many others) long before he attaches meaning to them, and that he follows no definite law in the order in which he masters the elementary sounds—that, for example, he is quite uninfluenced by any principle of “least effort.”

NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for by the editors at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised.

Descriptions of goods for sale, sent us by dealers or agents, will be treated according to their merits, but independently of all advertising considerations whatsoever; any offer of pay for their insertion will insure their omission.

WHILE old Boreas riots abroad, blowing cold defiance at the weak, wintry sun, it must be our endeavor to wage successful war against him indoors, and keep Baby in warm, cozy comfort. Our first stand against the enemy shall be made at his vantage-point, the window. The insidious currents of air that continually strive to get in here may be kept out by weather-strips. These are easily procurable in cities, but many a careful mother, dwelling in some distant village or lone farm-house, may be pleased to hear of a substitute which she herself may readily construct. A small wedge of wood driven between lower and upper sash will fasten the window firmly in its frame and prevent the rattling which often disturbs Baby's slumbers. A roll of calico or merino, of a color to suit the rest of the room, stuffed with cotton and as wide as the window, should be placed across the top of the lower sash, right over the only channel through which the air now finds admission. This looks better and is a more effectual protection than the strips of cloth or felt which are usually tacked around windows, and give an appearance of untidiness to the room.

Having disposed of the merely useful side of the window question, let us turn to that which is ornamental as well—the curtains. Heavy hangings next the window are serviceable as further defences against the cold. These may be cheaply and prettily constructed of the double-faced Canton flannels, to be had in all desirable colors—red, olive, old-gold, blue, and green. Let these serve as the background for inner curtains of Nottingham lace, bunting, or even cheese-cloth, which last costs only five cents a yard, and, when edged off with a little lace or a ruffle of cheese-cloth, produces a pretty effect. Such curtains look well, hung from walnut or oak poles, but if you have cornices press them into the service. A very inexpensive method is to procure shade-sticks of the proper length, tack the curtains on them, and turn them before fas-

tening to the top of the window-frame, so that the drapery will fall over and quite conceal its humble starting-point. Ribbons for tying back look light and pretty, but are scarcely to be recommended in a room given up to the children, as little fingers will soon cause sad disarrangement of loops and ends. Very durable and presentable holders can be made of the Canton flannel, lined with buckram to give the requisite stiffness.

A stove of English tiles, brass-bound, with fender and spark-protector of brass and an open grate, is an elegant article of furniture in a nursery, though on the whole a costly luxury, as the room must be otherwise thoroughly heated. An open fire, however, is a great delight to Baby's eyes, and a true comfort for mamma to sit beside when disrobing her darling. Such stoves are to be had in two sizes, and at a price of \$50 to \$65. Spark-protectors, almost absolute necessities for open fires in a nursery, made of japanned wire with brass frames, cost \$5.50. More costly ones are handsomely constructed of brass wire.

To keep Baby warm at night comforters and pillows, made of French sateen and filled with eider-down, are useful luxuries. The eider-down comes in three grades. The least costly is the Scotch, which is plucked from the breasts of wild ducks, and costs \$2.50 a pound; then there is the Arctic, which is taken from a white goose, and sells at \$3.50 a pound; finally, there is the genuine eider, commanding per pound the price of \$13. Comforters filled with the best eider-down cannot be bought for less than \$12 to \$15. Economical mothers can provide as warm a covering, beneath which Baby will sleep as sweetly, at far less cost. A quilt made of cheese-cloth, filled with cotton batting and tufted with bright red or blue worsted, looks as dainty as possible. The cost will be: Four yards of cloth at 5 cents, 20 cents; four bundles of cotton at 9 cents, 36 cents; half-ounce of worsted, 5 cents. Total, 61 cents.

A pretty bed, in keeping with the eider-down comforters, is a French crib with brass cross-bar frame, and a blue and white twine-netting for holding the mattress.



These beds are thirty-six inches long by eighteen wide, and are provided with a brass canopy-frame over the top, on which to adjust a drapery. \$24 will buy one of these bright little nests.

While intent on everything pertaining to Baby's welfare at night, we are glad to mention something that promotes this end and the comfort of



the mother as well. A night-clock and lamp in one pretty piece of nursery furniture of bright pottery, decorated with painted flowers and fire-

gilt, is so useful that it commends itself to the consideration of any one who may desire to have a soft light in the room at night and be able to tell the time without the least trouble. The peculiarity of the clock mechanism is, that the ordinary arrangement is reversed, the globe-dial revolving while the hand remains stationary. The hours are marked in Arabic figures around the globe, which contains a wick and float of the usual night-lamp style. This on being lighted brings out the figures very clearly, and sheds an agreeable light about the apartment, not strong enough to prevent sleep, yet sufficient for the measuring out of medicines, the administering of drinks, and like offices. The plainest kind of such a lamp costs \$10.

For the cooking of baby-food and the boiling of milk and cereals Holland's porcelain boiler is about the best of the double kettles in use. The porcelain saucepan fits into a water-bath, and its contents can never burn, while they may be kept at the boiling point for any desired length of time. Sizes holding from a pint to six quarts range in price from 90 cents to \$2.50.

After cooking the food the next thing in order is to give it to Baby, who looks joyously expectant. Patience, darling! your bib must go on first. Very pretty feeding-bibs of momie cloth, with appropriate designs and mottoes embroidered or printed across the bottom, can be purchased at prices ranging from 10 cents upwards. These indispensable articles of baby-wear can be manufactured at home out of discarded table-cloths, the good parts of which may be utilized therefor. The dimensions should be from shoulder to shoulder, and as long as the dress. Fit to the throat by cutting out at the top; add tapes, and the bib is finished.

When Baby is old enough to eat by himself he will like to discard his high chair sometimes and eat at a table like "big folks." A low cane settee furnishes a comfortable seat for little ones. Their feet can rest easily on the floor and their backs be held healthfully upright at the same time. Add a low table, and the arrangement for eating or playing is perfect. A home-made settee may be manufactured in the following manner: The seat is formed by a long, low box, made soft on the top by cotton-batting—old comforters too shabby to be used on beds will do good service here—and covered with cretonne, a flounce of which is drawn up to the floor, surrounds the sides, and forms a sort of skirt, and supplemented with two square pillows of the cre-

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tonne, stuffed with excelsior, to serve as the back. When prettily finished with tassels made of worsted, or ribbon bows, this will present a very happy imitation of the so-called pillow-lounges, and prove decorative as well as useful.

For the lucky baby born with the traditional silver spoon in its mouth there is never any lack

is a porringer and lamp-stand combined, of which we here present a cut.

Silver rattles are innumerable in style and quaintness of design. One of the prettiest is reproduced here.



of luxurious necessities in the shops, where gold and silver display their allurements. A beautiful object and practical novelty in solid silver

Silver and gold lend themselves even to the humbler uses of the safety-pin, which can be had in several sizes, the silver ranging in price from 50 cents, the gold from \$1.25 upwards.

BABY'S WARDROBE.

WINTER STYLES.

SIMPLE and practical styles are offered this season for dresses for little people, and although mothers who are fond of lavish and costly adornment and elaborate designs are fully provided for in various models well suited to their tastes, the tendency is generally manifested to arrange the clothing of children more than ever with regard to season, suitableness, age, and health. This idea is developed without in any degree robbing the dainty little robes of the childish grace and attractiveness which for several years past have characterized the modern style of dress for children.

The quaint Greenaway and Mother Hubbard costumes are so picturesque that they will, no doubt, lead as models for the toddlers for many seasons yet to come. These styles were never pretty on girls of larger growth who had reached the "lanky" age, but there is every prospect that the little, odd, old-fashioned garments, so like those worn by their great-great-grandmothers, will this winter, at least, be first choice

in dresses in which to deck the "wee bodies" while exercising about the nursery or taking an airing during the mild days of winter.

Princesse dresses, much changed from the old mode, are still much approved for little girls. Plaited effects remain in favor for all children, with this difference only: the skirts to kilted suits for boys are pressed down very flat, while those upon girls' dresses are looser and somewhat broader. These are usually decorated around the edge with rows of braid, velvet, galloon, fancy surah, or like garniture; while boys' kilts are simply finished with a broad hem.

In fabrics for children's suits, when white is discarded for the winter, fine woollens (plain, plaided, striped, and figured), bison cloth, flannel, and serge vie with the bright and pretty armures, tricots, cashmeres, camel's-hair goods, and the rich, deep colored velveteens which this season are so much used for children's best dresses. It is urged that for warmth and wear velveteen is unsurpassed. The new brands

are warranted never to spot, fade, or grow "shiny." Whole costumes, including outside wraps, are now made of this material in seal, brown, olive, royal blue, and deep wine-colors. For ordinary wear, however, soft twilled flannel, tiny plaided woollens, and dark-hued serges are selected. A lady who makes all her children's clothing has just finished a charming little dress of crimson serge, cut after a pattern from the list of a leading designer in this city. The model is an economical and graceful one, and withal dressy, in spite of its simplicity. The bodice is "Jersey" in effect, and was chosen because the little maid who is to wear it is always provided with plenty of long, pretty aprons to protect her frocks; and this plainly-fashioned bodice allows the apron to slip on easily, making neither ridge nor wrinkle beneath, as in the case of a waist that is puffed or frilled. Here is the picture of the pattern (Demorest's) used:



A band of velvet finishes the lower edge of this model, but the mother substituted a deep hem and five tucks above, each one an inch and a half wide.

English styles are still very popular for children, and among these, in tweed, cheviot, flannel, and armure, are "Early English" suits with full, over-hanging marine blouse and ungored skirt, garnished with wide basket-braids in gay colorings. The English apron is also a favorite, in the sacque shape, with deep yoke, front and back. The skirts are long and full, and a rich or delicate-colored dress can safely be worn beneath one of these ample protectors, as nothing

shows of the dress but the tiny frill at its edge which peeps from beneath the apron's hem. Buttons close the apron all the way up the back, and additional security is given by broad sash-strings, which are made of the apron material and tie in a large baby-bow in the back.

Many mothers are making little underskirts exactly matching in fabric and color the dress-skirt worn above, except that the underskirt is less full. These skirts are much warmer and really better-looking for the cold weather than white skirts, however dainty. Scallop worked in buttonhole stitch, or a row of braidwork, are generally added as a finish to the edge. Straps are invariably sewn to the belt and passed over the shoulders, to relieve the child of any extra weight the winter skirt may give.

Braiding of a very heavy and ornamental kind is seen upon many of the ready-made suits now so attractively displayed in the shops. This decoration adds very much to the cost of a "boughten" garment, as the designs are mostly intricate, and so closely covered with braid or *soutache* as to resemble solid patterns in *appliqué*. Braiding is a very rich and effective trimming when it is neatly done, and much of this work is executed at home in these days of artistic handiwork. The cost of stamping an elaborate pattern was once no little expense, but now a trifling sum will purchase any number of yards, of scores of different designs in special or running patterns, and a warm iron quickly transfers the winding fancy from the paper on which it is printed to the garment itself. Where the time is limited a pretty design simply braided upon the deep collar and cuffs only of the dress or jacket gives an effective finish to the whole costume. Little rosettes of velvet ribbon are used as decorations. Sometimes the flounce of a skirt is laid in hollow plaits, with a rosette on the space between the plaits. Similar "ribbon-roses" are then used to hold the loopings on the tunic.

A sweet little girl of five years was recently dressed in a pretty and sensible morning suit which may serve as a guide for a similar dress for some other little lady. It consisted of a French sacque dress of golden fawn-colored serge, crossed with hair-lines of cardinal, with two little box-plaited frills around the foot, made of cardinal serge matched to the shade of the hair-lines. Above this was worn a "Green-away" apron of heavy Turkey-red calico. Here is the apron:

The front and back were laid with five good-sized tucks running from the yoke to within a few inches of the hem, which was bordered with a band of red embroidery in polka-dots; the yoke was made of the dotted fabric,



and upon the edges of the neck and sleeves a narrow ruffling of the same embroidery was used as a finish.

Simplicity and comfort are the ruling features of the many outside wraps devised for children's wear this winter. Cloaks and jackets, however rich and handsome in material, are as a rule plainly finished, and where trimmings are used warm and downy fur is employed on the costly wraps, and astrakhan on the less expensive models. Eider-down flannels, stockinette, dark basket-cloths, and Meltons in royal blue, Neapolitan cardinal, and golden brown are materials much used for little cloaks and Hubbards. English wraps with princesse body and kilt-plaited back, joined on just below the hips, are much admired. These have a deep cape attached which reaches nearly to the waist all around, affording a double protection. Fleece-lined, double-width Austrian woollens, as soft and pliable as silk, in stripes, or fine invisible pin-checks, or in monochrome, form stylish and inexpensive little out-door garments. These have little hoods—some rounded, some pointed, and all gaily lined—which can be used for extra head-coverings in sudden emergency.

Mothers who cling to white for caps, hats, cloaks, and Hubbards for their little ones find this season some very beautiful heavy winter fabrics of this "hueless hue" appropriate for any of these articles. White basket-cloth of a

creamy tint is a beautiful material for a double cloak, with cream-white chenille fringed on the upper cape. White camel's-hair Hubbards are also charming, trimmed with white silk braid-work on yoke and fronts. White serge or cashmere is pretty, fleece-lined and simply trimmed with three or four rows of silk galloon. White caps to match each of these wraps are easily made, and in shape the "Rob Roy" or "Glen-garry" is again a favorite both for little boys and girls. The shape is now modified, being some inches less in circumference than the "cart-wheel" model introduced three seasons ago. White felts with rolling brims trimmed with plush or terry-velvet are often more becoming than the "Rob-Roy" shape, particularly when softened by downy feathers or ostrich tips. No head-covering ever yet exceeded in beauty a white hat with snowy plumes above a childish face. Of course in many instances white is not becoming, but when it is, a child never looks quite so much the newly-fledged angel as when it is white-robed throughout.

MISCELLANEOUS HINTS.

A PRETTY robe for the baby's carriage or sleigh is knit in stripes, a stripe of blue alternating with one of pink and blue combined. The blue stripe is plain, the other being made up in alternate rows of the two colors. The stripes, having been sewn together, should be pressed with an iron, a cloth slightly dampened to be laid over the seam before the iron is applied. Another robe suitable for a very young baby is of pure white. It is crocheted, and two rows of open-work are left for ribbons to be run in lengthwise. About the middle of the left-hand row tie the ribbon in a handsome bow. Jersey flannels make very pretty robes; the edge should be finished with a scallop. Squares of fur are both pretty and warm.

When the baby has outgrown his Angora wool hood it need not be laid aside, for after washing it in hot suds, and shaking it until it begins to dry, and then hanging it where it will dry quickly, it may be trimmed all around with swan's down. Sew the down on with an "over-and-over" stitch, then face the hood with silk or fine white cashmere. A plaiting of white lace is a pretty addition.

A pretty hood for a very little baby is made of white silk; it is crocheted, and is put over a foundation of white wool, also crocheted. This

hood is trimmed around the edge with a narrow band of swan's-down; the strings are of white satin, an inch and a half wide, and where they are sewed on tiny bows of ribbon are fastened.

Worsted hoods, whether knit or crocheted, should have a thin lining of muslin or of silk; otherwise the wind and cold air are almost certain to penetrate, and earache results.

Lovely and soft little shoes are made of quilted satin. Patterns can be purchased, or by measuring a shoe of the right size one can make the pattern. A lining of one thickness of cotton, with thin muslin over it, will give warmth. A pair of pink satin shoes made in this way were fastened with small steel buttons.

How to keep the child of two or three years in white, and still keep him warm, is a question that agitates various households. The only really sensible way seems to be to regard the white dress as just so much extra clothing, not intended for comfort or warmth, but for good looks. The body needs a warm, long-sleeved flannel underdress, which of course may be of white, and, if of good quality and carefully washed, it will remain white for a season.

A piece of economy well worth practising is to cut over stockings. Serviceable and handsome ones can be cut from the upper part of long ones. Take a stocking which fits the child and cut a pattern of it, then cut out the stockings; they are to be darned together. Sew carefully back and forth, just drawing the edges together; in this way the seam is as pliable as any other part of the stocking. A woman of moderate means can afford to buy stockings of excellent quality for herself if she knows that she can utilize them after the feet are too thin for her own wear.

For the baby's "best" dress, providing that he is in short dresses, a white cashmere is lovely. Make it in form a "Mother Hubbard," and around the neck put a collar of the same material with an embroidered edge. These dresses may be worn a good many times without becoming soiled, and then they can be dyed and be as good as new again.

PRACTICAL HAND-KNITTING.

BY CORA MEREDITH BLYTHE.

INFANT'S BOOT.

ONE spool of Belding's silk is required to make a pair of boots after the pattern here given. They are made of a creamy white silk, without any color for trimming save the little blue ribbon which is run through the holes at the ankle.

If preferred, color can be used, but it is best to have washable boots as plain as possible. The pattern is for an infant a few weeks old. The boot is begun at the top of the leg and knit after the manner of a large sock, the object being to produce a closely-fitting boot.



As shown in the illustration, the open-work extends across the instep, which is worked separately and is really a continuation of the leg-part.

Directions.

Cast on fifty-four stitches, eighteen on each needle, using No. 19 needles (Milward's gauge).

First Round.—Knit plain.

Second Round.—Silk around the needle; knit two together; repeat to end of round.

These two rounds are repeated alternately until there are six rounds in all, forming the first band of open-work. Next knit ten plain rounds. This gives a band of solid work. Continue to knit alternate bands of open and solid work until there are four bands of each, as shown in the illustration.

Next come the little holes at the ankle through which the ribbon is to pass. They are made in the following manner: Bring the silk around the needle three times, then knit two stitches together, and so repeat the entire round. Upon this row of holes knit one plain round, increasing at intervals by a pick-up stitch, say four times. This will give you fifty-eight stitches in all.

Instep.—Here you divide the leg-stitches on two needles, placing twenty-seven stitches on the first needle and thirty-one on the second or heel-needle. Perhaps some will find it more convenient for working to let the heel-stitches rest upon two needles instead of one. Leave

the heel-stitches and begin to knit the instep (twenty-seven stitches) in this way. First row : Knit across plain. Second row : Purl. Third row same as first, fourth same as second. So work alternately until you have in all ten rows. Here begins the first band of open-work in the instep. First row : Begin by knitting the first two stitches together, then silk once around the needle ; repeat to end of row, and finish with one knit stitch. The second row is purled ; third row same as first ; fourth row same as second ; fifth row same as first. This makes the first band of open-work. Now purl the next row, then knit a row plain, and so alternately until you have ten rows in all, forming a band of solid work. Next comes a second band of open-work like the first. Then follows another band of solid work like the one just described. Now break the silk, leave the instep-stitches, and go to the heel-stitches, holding the sock so that the instep-piece will be wrong side next you. We had left thirty-one stitches on the needle for the heel-part. Upon these stitches knit twenty rows, alternately knitting and purling them. Remember always to slip the first stitch of each row, as this gives a neater edge.

Shaping the heel.—Slip one ; knit twenty stitches ; turn back ; purl eleven stitches ; slip the tenth stitch over the eleventh stitch ; turn back and knit across, slipping the tenth stitch (on the other end of the needle) over the eleventh stitch ; so repeat until you have worked the stitches off the needle, *all but ten*. This produces a tongue-like piece which makes a square heel, such as the Welsh knitters are noted for. Now pick up or place upon the needles the slipped stitches at either side of the heel, together twenty. You have now thirty stitches to work with. Upon these thirty stitches knit alternate rows of plain and purl knitting until

you have a piece as long as the instep-piece. This is the sole-piece. So far both the instep-piece and the sole-piece have been knit separately, but now they are to be arranged on *three* needles, so as to form a circuit or round, and narrowed off for the toe.

The sole-piece is joined to the instep-piece by sewing them together with silk on the wrong side after the knitting is finished.

To make the circuit or round, place the instep-stitches upon two needles and the sole-stitches on one needle. Take five stitches from each end of the sole needle and place them on one end of each of the two instep-needles. Knit now one plain round, narrowing three times at any place in the round. This reduces the stitches to fifty-four, or gives a number divisible by nine, which is necessary in beginning to narrow for the toe. Begin with one of the instep-needles.

First Round.—Knit seven ; narrow ; repeat thus rest of round.

Knit seven plain rounds.

Ninth Round.—Knit six ; narrow ; repeat thus rest of round.

Knit six plain rounds.

Sixteenth Round.—Knit five ; narrow ; repeat thus rest of round.

Knit five rounds plain.

Twenty-second Round.—Knit four ; narrow ; repeat thus rest of round.

Knit four plain rounds, then narrow twice on each needle until but two stitches remain on each needle ; slip one stitch over the other until all the stitches are cast off. In narrowing-in these last rounds do not narrow always at the same point, but at different places. Secure the stitches firmly by threading a needle with the long end of silk left from casting off, and catch on the wrong side.

NURSERY PASTIMES.

"IF it were but Summer again!" exclaims the tired mother as she tucks the last little one in its crib, and with a sigh of relief surveys her slumbering brood. "It is so much easier to keep the children amused in the open air. Even Baby in his perambulator ceases fretting and forgets his aching gums when gently propelled along the street in the pleasant sunshine. But now, when they cannot be sent out for more than a short time in the noon hour, it

is a problem indeed to find occupation for the children."

Perhaps, tired mother, we can help you with a few simple suggestions. We take it for granted that you are willing to give some of your time to devising amusements for the little folks. When they clamorously assail you with the oft-repeated cry "What shall we do now?", propose a paper-doll party. An oblong piece of stiff paper—thick wrapping-paper will do very well—

should be folded over and over until it has about ten thicknesses. The size of the paper may be about 4x20 inches, and it should be folded in spaces of two inches. Then double it and cut out the figure of a boy, being careful not to sever the connection at the hands. Unfold, and a row of little boys with clasped hands will greet the delighted eyes around you. Join in a circle, and the little group will stand firmly on chair, table, or floor. Now repeat the same process, cutting out the figure of a little girl this time. "More, more!" the little insatiable voices will cry. You may now cut out furniture for them, chairs, tables, sofas, and even beds for little paper dolls to sit on and lie in, with little sheets, pillows, and spreads of white paper. A lead-pencil will serve to heighten effects, by adding eyes, noses, and mouths, as well as fingers, shoes, and dress trimmings to the dolls. The writer has known children to play contentedly for hours with these simple, easily-constructed trifles.

The picture-book is an almost unfailing source of joy. But in what a tattered condition it usually is, with just the very best and most desirable pages wanting. Bo-peep has lost her sheep in very truth, and Johnny has ridden off on his white horse to Banbury Cross for good. Here is a remedy for such a sad state of affairs. Collect all the tattered remains, paste them neatly on pieces of cambric cut to the dimensions of a medium-sized picture-book, and sew the leaves firmly together. This will produce a durable and satisfactory result.

Among purchasable toys a set of worsted nine-pins is much to be recommended as a harmless plaything for young children. The balls and pins are surrounded with a soft, fluffy covering of vari-colored wool, pleasant to the eye and touch. Toys, such as the Anokato—a small box with a glass top, which on being rubbed by the hand produces a comic tumult among a number of tiny butterflies, balls, and dice that form the contents—magnetic fish, and other playthings of like character, are scarcely adapted for the hands of young children, while mechanical toys requiring the constant supervision of an older person are an entire mistake.

Little fingers love to scribble. A slate scarcely offers a surface sufficiently extensive, nor does a pencil produce such startling, and hence pleasing, results as chalk. A small black-board is therefore a very desirable piece of furniture in a nursery. An inventive mind has recently con-

structed an article combining the virtues of black-board and desk in one. This enables the little embryo artist to sit or stand at his work.



The price is quite low, varying from two to three dollars.

A very good way of adorning the nursery and at the same time affording instructive amusement to its occupants is to grow vines in water. If the rules given below are observed charming decorations of vine drapery can be obtained for the windows and picture-frames, or any objects to which climbing plants will cling. Young children are always greatly interested in watching plants of rapid growth. *Tradescantia*, called sometimes "Wandering Jew" and "inch-plant," because it will frequently grow an inch in twenty-four hours, gives especial delight in this respect. For vine-growing the water must be kept pure and sweet, which is effected by a few small bits of charcoal placed in the vessel. At least every week fresh water of the same temperature should be filled in to replace that which has evaporated; never pour the water out, as the vine-roots are too much disturbed and chilled if this is done. Pottery wall-brackets are pretty holders for growing water-vines. A wide-mouthed bottle may be fastened behind a picture with wire, and water-vines be grown in it that will soon decorate the frame. In any vase that will hold water the vines will grow. English ivy will thrive in water excellently, but it grows more slowly than

Tradescantia, which is the most satisfactory of all water-vines. From any gardener can be procured roots of *Tradescantia repens vitata*, *Tradescantia aquatica*, *Tradescantia sebrina*, and *Tradescantia multicolor*; place these in the water prepared as directed, and a beautiful fringe of vine will soon be produced. When the vines are growing freely, add every week one drop of ammonia to a pint of water.

A novel effect in nursery horticulture can be produced with a large carrot. Cut off the long root, scoop out a hole about three inches deep



in the smaller end, as shown by the dotted lines in the cut, and having suspended the carrot in the window by three or four ribbons, fill the cavity with water. It will sprout upwards from the bottom, and throw out graceful vines. The water must be renewed as it evaporates.

AMUSING THE BABY.

BY ELLA RODMAN CHURCH.

AMONG the truths hardest to learn, not only in nurseries of pampered ease but in very unpretentious ones, where there is only a single inmate, is this, that a child thrives better under a little wholesome neglect. Not carelessness in regard to necessary things—for no child can prosper unless its physical needs are fully attended to—but merely an absence of care-taking where care is not needed.

The poor woman in the country who went out to work by the day and left her fifteen-months-old child *picketed out*, as being safer than to lock her up in the room, had grasped this theory by its sensible end; and the little pastured toddler, with rope enough for its needs in various posi-

tions—and also, it is to be hoped, with supplies of food forthcoming at proper intervals—was certainly better and more healthfully provided than if cooped up alone within four walls. But how many mothers, who do not go out to work by the day, would be likely to think so? Con-juring up an array of stray animals, bees, and spiders, they would expect the child to be bitten, stung, and generally annihilated—whereas the sturdy little tot in the story flourished and grew under this treatment, and actually enjoyed the picketing out.

It is one of the inalienable rights of very young babyhood to make faces, to kink its little atom of a physiognomy into unrecognizable snarls, which is probably nature's method of smoothing out the wrinkles with which the aged-looking little personage is profusely adorned. But inexperienced spectators are sure to exclaim: "What *does* he make such dreadful faces for? He must be in pain. Poor little fellow! He certainly has the colic! Nurse, do give him something at once," etc. The young mother is distressed, and so presently is the baby; for he does not take at all kindly to the remedies forced down his throat.

"Amusing the baby" has been elevated into a duty of the highest order, while the fact that he often prefers to amuse himself is entirely lost sight of. Dignified persons of mature years perform the most incongruous antics "to amuse the baby"; dazzling his brand-new optics with the shaking, rattling, and flashing of brilliant objects before them, and stunning his very recently acquired sense of hearing with noise and confusion, until he is utterly dazed and uncomfortable with the overwhelming mass of kaleidoscopic ideas. If the over-amused infant could speak, he would certainly say that he did *not* want all his friends and relatives to play the clown for his amusement; and that he could not see why people were for ever making faces at him, when they were unwilling to let him make any for himself. Brightness and smiling countenances he enjoys, and the resources of "Peek-a-boo!" are never exhausted; but sudden screams, and pounces, and endless hugging and kissing are not at all to his taste.

He has his preferences and his rights—if older humanity could be made to comprehend that a baby has any rights which it is bound to respect; and he objects as strongly to unmissable people as he will twenty years hence. One of his rights is to be let alone, and a well-conditioned child, whose existence is numbered only by months, will find an immense fund of amuse-

ment in his own feet and toes. A small, tinkling bell is another source of satisfaction; while a "John Chinaman" in gorgeous array is as

much as his small brain can well bear in the way of color. A description of this Oriental wonder will be given on another occasion.

A MOTHER'S NOTE-BOOK.

SOMETIMES one may gain a knowledge of a child's mental constitution by observing closely and noting what makes most impression upon him. The man Macaulay, with his strong way of appropriating things, was shadowed forth in the little child Macaulay when he applied the Scripture he had heard read to the concerns of his own little world, and turned the "Cursed be he that removeth his neighbor's landmark" to "cursed be Sally," the maid, for putting out of sight a pile of stones he had heaped up to mark some limit of childish play. The man Wordsworth, who attempted to reconcile the spirit of man with its limitations, was typified by the boy Wordsworth, who, when less than seven years of age, lay awake all night struggling with the awful thoughts of death and hell. A little boy of five said to his mother, when she had reproved him for rudeness to a baby sister: "Well, mamma, don't let us talk any more about those little things that come out of Pandora's box." It was remembered afterwards that the story of Pandora had been told in his presence, but he had been at the time most busily employed, and had apparently not paid the slightest attention to it. To know what tendencies seem strongest, what acts and thoughts children seize upon with especial delight, and seek to imitate, is of great assistance in determining what influences should surround them.

The conversation of children when they think themselves unobserved is full of instruction. Two boys of less than six years old were playing; one said, "My father is as wise as Solomon"; the other one in a tone of indignation replied, "Solomon! My father is ten times wiser than Solomon, he is as wise as Herbert Spencer." It would be interesting, and something more than that possibly, if mothers would observe and record the first connected words of the baby, and also the age at which they were spoken. A complex action of the mind is necessary to enable a baby to say "See there"; he must not only observe something with feeling, but he wishes some one else to observe it also. A

careful consideration of his language might assist one to see just how much the baby does understand, and this is of the utmost importance when the question of discipline arises.

Harriet Martineau says: "A child does not catch gold-fish in water at the first trial, however good his eyes may be, and however clear the water; knowledge and method are necessary to enable him to take what is actually before his eyes and under his hands. The powers of observation must be cultivated." It is because this truth is becoming well-known that so much time and thought are now given to assisting children to cultivate their powers. Children who are very early given playthings which aid in this way, and play games which require quick eyes and deft hands, will prove the wisdom of the course. It is sometimes taken for granted by parents that the child who seems awkward in handling things may as well be left to his fate; they fail to recognize how much may be done for improvement in this particular.

An ardent lover of mine, aged five, left my side unceremoniously, and could not be induced to return. "I am going to sit beside Cousin Flora; I am not going to sit by you. I like her better than I do you." "But why? Does she tell you better stories than I do?" "No." "Do you think she will come into your room and stay with you while you say your prayers, and get over being afraid of the dark?" "No; but her dress is prettier than yours." The earliest distinct recollection of a woman now thirty, is of a new red dress purchased for her when she was three years old, and the feeling of exultation when she first put it on was one expressed by the little girl in Hans Andersen when she said, "Mamma, what will the dogs say to me now?"—or felt by Dr. Johnson when, arrayed in the gay dress which he thought fit for a dramatic author, he went to witness his play of "Irene." It is so entirely natural for children to care about clothes that the feeling ought not to be disregarded or condemned.

What position ought parents to assume with regard to the questions the children ask? Ought they to be answered honestly, fully, and fairly, or, when answering is difficult, should the child be put off with evasion, an idle "I don't know," or "Never mind about that now"? A certain class of questions it is, of course, impossible to answer; as when a child three years old asked his father, "What makes water wet?"; for although the father was a chemist, he could not adjust his knowledge to the child's comprehension. Another class of questions it seems useless to attempt to answer, those which are literally the thinking aloud of the child; as, for example, the following questions, which a mother overheard and recorded last summer. The scene was the door yard; its *dramatis persona* an old man, who was mowing, and a boy of four, who sat on the door-step looking on. The little boy began in

this way: "Have you come to mow? You won't mow down the grass-seed, will you? Are you going to rake it? Why didn't you let your little boy come with you—why didn't you? Are you going to mow all the yard? Do you think my playthings are pretty? Are you going to mow this when it grows again? Is that your horse over there? Do you want the apples where you mow?" At this juncture the child discovered that the man was deaf, and he appeared to be just as contented and well satisfied as if his questions had been answered. Generally speaking, however, it is both easier and more natural to respond to the childish craving for information by a full and direct answer, even at the risk of not being fully understood, than to attempt to adjust to the child's understanding answers that cannot be so adjusted.

E. W. B.

OUR LETTER-BOX.

BABYHOOD cordially invites communications upon questions of infants' clothing, diet, exercise—on whatever pertains to the regimen of the nursery. Queries on these points will be carefully noted and answered. All communications should be addressed to the Editor.

To the Editor of BABYHOOD:

I don't know whether mine is one of the questions you expect from your readers, but it is one I have often wished to see answered. Which is wiser, in your opinion, to let a little boy of two have his afternoon nap at the accustomed hour on a fine winter day, or to give him instead the full benefit of the out-door air, which cannot frequently be enjoyed at the present season?

SUMMIT, N. J.

INQUIRER.

The nap takes precedence of the walk in importance. If the child usually sleeps at midday send him out in the forenoon in fine weather. If his "sleepy time" is at eleven or twelve o'clock, let him take an airing soon after he awakes. On fine winter days a healthy child may safely be abroad at any hour between ten A.M. and three P.M.

To the Editor of BABYHOOD:

Having examined with pleasure a copy of *BABYHOOD*, I am tempted to send you the following query: One of my little girls, five years of age, who is just as healthy as her four brothers and sisters, and has just as much reason to be satisfied with the world, has been crying, with more or less interruption, ever since she entered it. I know that all children have their crying-spells, but hers surpass in

duration all reasonable bounds, and they are—I say it in spite of the dictum that no child cries from mere love of crying—seemingly often without cause. That this is due to no physical defect I know from the physician. Must I, then, believe that the trouble is of a moral nature?

H.

ORANGE, N. J.

Try moral remedial measures. For example, make her comprehend that such and such pleasures are contingent upon her self-control. Mark crying-days with a black cross in her calendar as those on which her indulgence in this luxury lost her a coveted good. Treat her habit as a disease. Undress her and put her to bed; withhold dainties, playfellows, and amusements, impressing upon her mind that her crying is the cause of the regimen. This trick of crying is easily acquired, and the habit may become very obstinate. An ingenious mother cured her five-year-old of fits so passionate as to threaten convulsions by throwing a handful of cold water into her face when she began to scream. The child, whose infirmity had been pronounced incorrigible, would suspend operations with ludicrous suddenness when her mother moved toward the washstand. It may be, as often happens, that pre-natal influences have given the little one's disposition a warp in the direction you

mention. Still, she should be broken of it. You would not hesitate to use surgical appliances to straighten a wry foot.

To the Editor of BABYHOOD :

My little boy is often troubled with colds—the ordinary cold in the head, never serious enough to make recourse to the physician necessary. Usually a very lively little fellow, he invariably asks to be put to bed on such occasions, actually enjoying his half-voluntary patientship. Having always been told that it weakens children to lie in bed unnecessarily, and yet each time dreading the possible consequence of a refusal to send him to bed, I appeal to BABYHOOD for advice in a dilemma which is probably shared by other mothers. X. X.

PORT RICHMOND, N. Y.

If the child has a feverish catarrh it may be well to keep him in bed until the febrile symptoms abate, feeding him very sparingly meanwhile. But his fancy for "playing sick" is probably a mere whim. A diet of butterless bread and cambric tea, but slightly sweetened, would test this and be an advantage physically.

To the Editor of BABYHOOD :

I am anxious to have my two little girls, aged two and four, become accustomed to all kinds of weather, and send them out "rain or shine," taking particular care, however, to have them dressed to suit the weather. So far, fortunately, my method has been very successful; but some of my friends think that I am wrong in varying the thickness of my children's attire, especially their undergarments, so frequently, their point being that nothing is so conducive to the "hardening" of children as having them wear, as much as possible, garments of unvarying thickness and warmth throughout the season. Who is right, my friends or I—can BABYHOOD tell?

MARSHALL, MICH.

MOTHER.

Children's clothing cannot be too carefully adapted to the change from in-door to open-air life, provided the thicker garments are removed as soon as the wearers re enter the house. Additional flannel drawers or skirts should be laid aside with cloaks and hats. If you are willing to take this trouble your system is far preferable to that recommended by your friends.

To the Editor of BABYHOOD :

What is the best material for nursery wash rags, and what for bath-room aprons for nurse or mother? These may sound like idle or foolish questions, but I have neither mother nor "aunt" to advise me as to the commonest concerns of the nursery, and have no confidence in old wives' notions. Moreover, I am

too proud to ask my neighbors how I shall manage my baby. S.

BROOKLYN, N. Y.

There is a soft, white Turkish towelling, sold by the yard, which makes nice "wash-rags." Do not have them more than eight inches long and above five wide for a very young child. It irritates him to have a splashing length of cloth dragged over his body, and you cannot cleanse his ears, etc., thoroughly if your hand is full of wet folds. Old linen, cut and hemmed, will answer your purpose well, but soon wears out. An excellent wash-cloth is a bit of fine, all-wool flannel, which has been washed several times, until what our grandmothers called the "itch" of new woollen stuffs is removed. The same material—say a half-worn flannel skirt cut open at the back—should be converted into an apron to be used by yourself when the baby is bathed in cold weather. Receive him in it as he comes from the water, and wrap him up instantly, keeping one part covered while you dry the wet from the other with a soft linen towel. The matter of bath-room and nursery aprons will be treated more fully at an early day in "Familiar Talks with Mothers."

To the Editor of BABYHOOD :

I was much interested in your very practical article on "Adulteration of Milk" in your December issue, as it clears up in my mind a great deal of obscurity on what has always seemed to me a sort of abstruse subject. But the article lacks, I think, two important features; and as you have offered to answer queries from your readers I take the liberty of asking: (1), What is the cost of the two instruments mentioned, and where can they be procured? (I had always imagined the lactometer to be some expensive scientific instrument to be used only in government offices, but it looks as simple as a thermometer); and (2), Can any citizen cause the arrest of a milkman habitually selling adulterated milk, or is the right to his prosecution confined to the Board of Health? If I can take the law into my own hands in the interest of my little year-old I intend doing so—that is, if the milkman now serving me does as the last one did. J. V. B.

YONKERS, N. Y.

Both instruments may be procured at the larger drug-stores, though they are not very generally kept in stock. Any maker of thermometers and similar glass instruments can furnish them. In this city may be mentioned G. Tagliabue, 302 Pearl Street, and J. Tagliabue, 66 Fulton Street. Prices, about 75 cents for lactometer and \$1 for cream-gauge, according to size. As to the latter, unless great precision is required, a

satisfactory cream test can be made with a short piece of glass tubing (costing only a few cents) of about an inch diameter, corked at the bottom and used as described in the article, one-tenth of its length being marked off in any way.

Any person may cause the arrest of a milkman selling adulterated milk. Complaint should be made to the local Board of Health, where there is one. If there is no such local board, lay the matter before the district attorney, and he will advise as to the necessary steps to be taken to prosecute the offender without expense to the complainant.

To the Editor of BABYHOOD :

Can you tell me where the Miniature Conservatory described in your December issue can be bought ?
G. N.

NEW YORK.

In answer to the above and to other inquiries on the same subject, we state that the Conservatory may be obtained at Walter Reid's, Broadway, near Thirty third Street. Its cost is \$5 (filled), and not \$3, as erroneously given in our first number.

NURSERY LITERATURE.

PLAY," a picture-book of boys, girls, and babies, drawn by Edith Scannell, verses by Samuel K. Cowan (Marcus Ward & Co. ; \$2), is a delightful little book. The figures are sketched with a free hand and few lines, and part of them are left uncolored, to be painted by the owner of the book when old enough to use a brush with discretion. There are babies on pillows, with ball and rattle ; babies in cradles, babies in perambulators and wagons ; a baby listening to a watch, a baby splashing in a tub, a baby with his pet dog ; a pretty picture of King Baby's crown (hat) on its cushion, and his shoes, illustrating verses as pretty ; children playing soldiers, battledore and shuttlecock, cup-and-ball, graces, dominoes, soldiers, blind-man's-buff ; little girls with a doll's house, and boys frolicking on the sea-shore. The verses are good, and the whole spirit of the book is one of happy, wholesome child-life.

"Nursery Numbers," a new book of old rhymes (Marcus Ward & Co. ; \$1), is a book of clever illustrations of "Mother Goose."

Caldecott's new books are "Come, Lasses and Lads," and "Ride a Cock-horse" (Routledge ; 50 cents each). The first is an excellent picture of the old Maypole dance, with the pretty girls asking their father's leave, the shy swains following them with flowers, the gouty old man standing up to dance, the depressed fiddler, and the final partings ; but it is more interesting to a grown-up person than to a little child. "Ride a Cock-horse" appeals more to very young sympathies, with its pair of ponies and the pretty little boy and girl who are to ride them ; the other little pony with the babies in

panniers ; the scarecrow at which the horses are frightened on the way ; the boys on cock-horses and the bumpkins on the fence. The succeeding tale of the farmer on his gray mare, with his rosy daughter, and the mishaps which befell them, is always attractive to a child, and will be more so than ever now that Caldecott has illustrated it.

Three little books, illustrated by Kate Greenaway, are published on linen in one volume, uncolored (Lippincott ; 50 cents).

"Jack in the Pulpit," edited by J. G. Whittier (Worthington ; \$1.50), would be a good book to keep the remembrance of spring and early summer flowers in a little child's mind from one year to another if the columbines were not too crimson, the violets too blue, and the clover nearer yellow-scarlet than purple-red. The yellow violets and anemones are better, and Jack himself is not bad, even though the boughs above him are drawn in defiance of perspective, and the song-sparrows look like small pigeons. The poem itself is a pretty fancy, although it supposes dandelions, anemones, daisies, and Indian pipes all to bloom at the same time.

Some of the pictures in Mr. Weatherly's books have been reduced and published in a series of six (Dutton ; 50 cents each). "Tens and Elevens" is a reproduction of a part of "Sixes and Sevens," and Miss Dealy's illustrations are, as in the larger books, far better than the others.

"At Home," "Abroad," and "London Town," by Thomas Crane and Ellen E. Houghton (Marcus Ward & Co. ; \$2 each), are delightful books for little children, and for older ones too.

The first represents scenes in every-day life, and journeys in England. In the second a journey across the Channel and in France is pictured, with the waiting-rooms at the stations, the little peasant girls in their white caps, and all the delightful events of a tour in a foreign land. In "London Town" a child sees the wonders of the great city, the Tower and the beef-eaters, the Zoölogical Gardens, the Thames embankment, and all the sights that he will recognize as old friends when he sees them for the first time. The verses are sometimes a little like a guide-book, but they explain the pictures, and the effect of all these books on a child must be to widen his horizon and to make him wish to see the places in the pictures.

"The Kindergarten Children," by Caroline Hansell (White, Stokes & Allen; \$1), is a large thin quarto in boards. Miss Hansell is well known as a successful designer for *St. Nicholas*, *Wide Awake*, and other children's magazines, and her work steadily improves. The pictures in "Kindergarten Children" are sketchy and sometimes a little indistinct, but lifelike, and the verses which are printed in large letters underneath have a merry jingle that goes well with the happy life at the top of the pages. The children are modelling in clay, learning letters, drawing pictures of the houses they live in, which are seen on a row of slates below; teaching their dolls kindergarten plays, rolling molasses candy into kindergarten shapes, or playing with dog and cat. They are happy and busy in every scene, and one little boy is shown who has lost his shyness in the sunny, friendly kindergarten atmosphere. Miss Hansell's other book, "Alphabet Children," by C. H. and W. G. (White, Stokes & Allen; \$1), has a child or two for every letter, reading, or playing, or working. There is the same helpful kindness in the spirit of the children as in the new book.

The Paris *Bébé* is a child's weekly journal, not beyond the comprehension of children five or six years old. Such of them as may already have learned to read as well as to speak French will find amusement in it for themselves; the others must have it read to them by their *bonnes* or by older members of the family. It contains notes of real or imaginary travel, sketches, little tales, little comedies, continued stories of "The Rose and the Ring" order, verses, "récréations," etc., all of sound tone and well written. The foreign subscription is thirteen francs. Any enterprising newsdealer should supply it, and would probably furnish sample copies. If not,

the Paris address is Librairie H. Le Soudier, 174 and 176 Boulevard Saint-Germain.

BOOKS FOR MOTHERS.

THERE are few more suggestive little books than Mrs. Blakeslee's "Twenty-six Hours a Day, by Mary Blake" (D. Lothrop & Co.; \$1.25), a series of papers written by a mother who understands the wants and ways of children, and knows, too, that all children are not alike. It is a book for a mother who has to be cook, nursery-maid, and seamstress, as much as for one who has half-a-dozen servants. It has cheerful, helpful letters about Baby's sleep and food, and the question of discipline (pretty firm discipline, too). It suggests little lessons for very young children in self-reliance and in the use of the eyes out-of-doors, pleasant indoor amusements for wet days, how to teach children to love good stories and poems, and has a chapter or two besides on restful reading for the children's mother.

"The Mother's Record" (D. Lothrop & Co.; \$1) is a book compiled by a mother for the preservation of facts concerning the physical, mental, and moral growth of a child for the first fifteen years. It has a place for a photograph of the child (it would be better if there were space for one every year), and begins with statistics of weight, first notice of mother or nurse, color of eyes, health, first word uttered, etc. The opposite page is left blank for details. The record has space in succeeding years for playthings, clothing, habits, accidents, mischief, journeys, visits, school-life, pets, favorite books, accomplishments, etc. It is an excellent little book if it can be kept without the knowledge of the child, whom such a record would inevitably make self-conscious if it were where he or she could see it.

"Baby's Kingdom, wherein may be chronicled, as memories for grown-up days, the mother's story of the events, happenings, and incidents attending the progress of the baby, designed and illustrated by Annie F. Cox" (Lee & Shepard; \$3.75), is a much more sumptuous volume, illustrated with colored vignettes of Baby in various stages, adorned with illuminated letters, designs of flowers and vignettes suggestive of babyhood. It has songs set to music, verses, proverbs, and a place for a lock of Baby's hair. It stops, however, at three years old, and is not nearly so useful in recording the child's

physical, mental, and moral growth as the plainly bound and unpretentious "Mother's Record."

BOOKS RECEIVED.

Twenty-six Hours a Day. By Mary Blake. Boston: D. Lothrop & Co. \$1 25.

The Mother's Record of the Physical, Mental, and Moral Growth of her Child for the first Fifteen Years. By a Mother. Boston: D. Lothrop & Co. \$1.

Songs and Rhymes for the Little Ones. Compiled by Mary J. Morrison. New York and London: G. P. Putnam's Sons. \$2.

Mothers in Council. Harper & Brothers.

NOTES AND NEWS.

SELDOM is the helplessness of infancy brought more impressively to notice than in cases of fire, and those who are directly or indirectly responsible for the safe-keeping of young children cannot put too high an estimate on the sacredness of their trust. The distressing circumstances attending the burning of the Brooklyn Orphan Asylum last month ought to make a deep and lasting impression on managers and trustees of similar institutions everywhere. It is possible to guard against the surprise of fire (it is always a surprise), in places where hundreds of helpless beings are entrusted to charitable hands, and personal responsibility for the horrible consequences of carelessness does not rest only with the superintendent or the watchman, but ought to extend to every person who connects himself prominently with such institutions, and whose name would seem to offer a guaranty of careful management. BABYHOOD hopes to live to see the day when genuine charity will make the repetition of such disasters as we now deplore impossible.

A GENUINE Christmas surprise was given the confectionery trade in this city, the week before the holidays, by the Board of Health, who seized some tons of candy in the warehouses of a dozen or more large manufacturers, and deliberately carted the whole lot to the offal dock, where it was duly dumped. Many thousands of little mouths—and bigger ones too—were thereby deprived of the privilege of secreting greater or less quantities of aniline, arsenic, chrome-yellow, and various similar delicacies used for coloring purposes. The legal basis for this prompt and highly-commendable performance of the Board was a report made the previous day by its Inspector, Dr. Cyrus Edson, showing that these candies were colored with rank poisons; that the practice of coloring confectionery with such deadly dye-stuffs as those named is common, and that many of the

ailments of childhood may be ascribed to it. The report was exhaustive, and highly interesting in detail. We fear that few of the children for whom these sweetmeats were destined will appreciate our congratulations on their narrow escape, but we congratulate them nevertheless. One enterprising dealer who had heard, by some means, of the impending catastrophe, managed to ship most of his goods to parts unknown in the country a day in advance of the seizure. We shall have more to say on the subject of poisoned candy at an early day.

ONE of the London "society papers" has an admirable custom, somewhat in contrast with its generally worldly and cynical tone, of organizing a fund at each Christmas-time for providing toys for the poor children in the London hospitals and workhouses. Every year this newspaper gathers not only large sums in money for purchasing gifts, but a great collection of "home-made" toys of all sorts, and of those which, though not worn-out, are out-worn, and no longer of use to the original possessors. Then, for a few days before Christmas, all the toys which have been given and bought are exhibited in some public place in London, after which they are distributed to the poor little creatures whose need and lack of all diversion are alike peculiar. The number of children thus to be supplied this year approaches 11,000, distributed as follows:

London Hospitals and Charities, .	2,369
" Workhouses, . . .	1,936
" Workhouse Schools, .	5,474
" " Infirmarys, .	1,046
Total, . . .	10,825

Perhaps another year, when BABYHOOD shall have made the personal acquaintance of the thousands of kindly and sensible people whom it hopes by that time to know, it may undertake

for the little sufferers of New York a similar work.

THE arrest in St. Louis, on the charge of infanticide, of two women, a pretended doctress, keeper of a lying-in hospital, and her assistant, brings to light some revolting facts. "Baby-farming," made into a jest by association with dear little Buttercup and her "mixing those babies up," is much more of a business in Christian America than is generally supposed. The hapless children consigned to the St. Louis baby-farmers appear to have fared infinitely worse than if they had been cast into sewer or river at the moment of their birth. How far society is responsible for the existence of such places as this private hospital is not a question for these pages. It is, however, the duty of every humanitarian to insist that investigations like that prosecuted with such vigor by the St. Louis Coroner should, in every place and case, be made legal, compulsory, and thorough, and not be the spasmodic action of outraged sympathy.

A paragraph in one of the leading New England dailies contains the following :

"The memorizing power of 150 children has been tested by the superintendent of the — Sunday-school. For one year the children have been striving for three prizes to be awarded to those who learned and recited to their teachers the most Bible verses. The children were at liberty to meet with their teachers during the week and reel off their learning. The tally-stick shows that 14,070 verses have been recited during the year, 10,384 by the girls and 3,686 by the boys. The prizes were \$5, \$3, and \$2, and were taken, respectively, by Miss —, who learned 1,034 verses ; Master —, whose record is 950 ; and Miss —, with a stock of Biblical knowledge represented by 852 memorized verses." Without trenching upon the ground of discussion as to the best methods of religious teaching, BABYHOOD may venture a protest against the "cramming-system" above illustrated. For the legitimate purposes and aims of education the hundreds of phrases and pages of rules in school-books forced upon the infant mind by such a system of memorizing are utterly inoperative material. The mental powers that grow and strengthen with what they absorb are cramped and retarded in their development by the effort to hold such a mass of dry matter.

A THOUGHTFUL article on "Health in the Schools," by Dr. D. F. Lincoln, of Boston,

lately published in the *New York Evening Post*, comments upon "the prevalence of near-sight (a special 'school disease,' as it may be termed), and other defects of sight," inquiries concerning which have formed a favorite subject among German, Swiss, and Russian investigators, and says that in our own country these studies have been pursued with scientific thoroughness, "with a result that proves that we are not exempt from the law of progressive rapid increase of near-sight among children and students, which has been so abundantly proved to hold in Europe." Dr. Lincoln remarks :

"The proper supply of light to school-rooms is doubtless of the highest importance ; perhaps it ought to take precedence of ventilation. There is more to be considered than the injury to eye-sight. The general health suffers in dark rooms ; though it is hard to bring facts to prove the extent to which this takes place."

We quote these significant sentences because their application is not limited to the school-room. Near-sight may conveniently be styled a "school disease," but under similar conditions it will as certainly be originated and developed in the nursery as in the school. As soon as children begin to read—in fact as soon as they begin to find pleasure in the picture-book—proper caution ought to be exercised with respect to the supply of light.

LONG before children reach the age, however, at which their eyes suffer from insufficiency of light, injury has sometimes been inflicted through exposure to an excess of light. The careful observer of our infant population out of doors is often pained by the sight of babies strapped in perambulators drawn along the side-walks, the glaring sun full in their faces, the hood or canopy of the carriage being thrown back that the inmate may get the full benefit of the light. In vain Baby blinks and rubs his watering eyes, and frets aloud his discontent. His guardian is unconscious of his hardships. One can hardly walk a block in any of our large cities on a fine day without seeing a child asleep in his carriage, frowning even in slumber at the beams that filter through the sealed lids. Mrs. Browning tells us how sunshine, falling full upon the grown-up sleeper, "strikes him blind with headache." It is very truthful prose that the natural covering of the visual organs is but semi-opaque, and that the baby's eyes are far more tender than those of the adult. Let mothers try the experiment of turning their closed eyes full toward the sun.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, FEBRUARY, 1885.

No. 3.

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

BABY'S BATH—WHEN AND HOW TO GIVE IT.

WITH the suggestion of the topic comes the grateful reflection that the torture of the cold bath is abolished in nurseries where common sense and humanity hold sway.

Says a middle-aged matron at the writer's elbow: "When my first baby was born, twenty-seven years ago, the rage for the cold plunge-bath was at its height. Having known for myself the discomfort of such an immersion and the torture of the cold shower-bath, inflicted with conscientious regularity by one of the most tender-hearted of mothers, I resolved that my boy should never suffer either. I bathed him myself, and, under the playful pretext of nervousness in performing under the eyes of others a task to which I was not accustomed, I used to lock myself up with him in our nursery while washing and dressing him. My conscience flinches slightly to this day in the recollection of a deception practised upon an exemplary matron who one day asked me how my baby 'liked the cold dip every morning'? I answered that he had 'never objected to it.' I had not the moral courage to avow that I washed him in tepid water."

Times have changed, and nursery-fashions with them. Let us be thankful—and progressive

Every little child that is strong and well

should be washed from head to foot at least once every day. An infant in arms is more comfortable for a good washing at morning and another at night. No bath should be given within less than two hours after a hearty meal. If Baby awakes hungry after a long sleep, and insists upon having his breakfast at bath-time, postpone the latter for an hour, and feed him with just enough to take the edge off his appetite and keep him from crying while the operation is going on. A fit of screaming during the progress of the bath is unfortunate, exhausting the child and working the mother or nurse into a nervous state that tends to make her hurry over the business of washing and dressing. If the child is of a very tender age the danger that in his writhing and shrieking he may rupture himself—if less imminent than the inexperienced guardian is apt to suppose—is yet a possible one. For his sake and mamma's he should enter the water at peace in body and in temper.

Before beginning to disrobe him have everything ready that will be needed in bath and toilet. Lay towels, soap, clean clothes, pin-cushion, baby-basket full-furnished, convenient to your hand. Turn back your sleeves from your wrists, fastening them in position with stout elastic bands kept for the purpose. See that there are no projecting pins about your dress that may tear the tender flesh. Tie around your waist a soft flannel apron that has been washed several

times. A half-worn flannel skirt, cut open at back and hemmed down the sides, is excellent for this use. It must be wide and deep enough to enfold the child entirely. The tub should be perfectly clean and not more than half-full. Baby soon learns to flourish his naked limbs in the water, to splash and beat with hands and heels to his and your delectation. The exercise is good for the growing child, and can hardly be indulged freely if the water rises so near the brim as to dash over upon the carpet.

Under the head of "Nursery Helps and Novelties" in the December number of *BABYHOOD* is a notice of the welcome invention of folding-frames for standing tin bath-tubs upon, with the added remark that "the child cannot be bathed without inconvenience when the bath-tub stands on the floor." If you have not one of these useful inventions, yet in some way spare your spine the strain and your head the pressure of blood that may be caused by stooping to the level of the low tub. You may improvise a support in a broad-seated, backless chair, a bench, or you may take a deal table made expressly for this purpose, or an old one brought from the lumber-room with its legs sawed down to a convenient height. Set the support with the tub on it upon an old rug or square of oil-cloth spread to protect the carpet, and fill, as has been said, half-way to the top with water before stripping the baby. Undress him rapidly, talking cheerfully and soothingly to him to allay impatience should he delight in the prospective process—to quiet nervousness if he dreads it.

Before he is ready be sure you have ascertained the temperature of the water. Your own sense of feeling must not be taken as an infallible test of the bath. I have seen mothers, rejecting the evidence of the semi-hardened hands, bare their arms and hold them in the water, rightly judging that flesh which is kept habitually covered is more sensitive than that which is usually exposed to the air. Baby's cuticle is far more delicate than mamma's. The safe witness is the mercury bulb and tube. When the mercury

stands for thirty seconds at ninety degrees, nearly ten below *blood-heat*, you may safely submerge the child. He will not wince then from too much heat or catch his breath at the shock of a cold plunge. *Slide* him in gently, even when the water is just right. Avoid shocking his nerves whenever you can. He ought to love his bath, and, if well-managed, in time he must.

A washcloth is preferable to a sponge for cleansing a very young child. It cannot be too soft and fine, and should always be of linen, or all-wool flannel that has passed through many waters and seen some service. The first operation of the bath, in the writer's opinion (many mothers leave it to the end), is to wind a fold of an old linen-cambric handkerchief about the forefinger, and, after dipping it in a cup of pure tepid water, to wash out the mouth, including the tongue, gums, and roof. Wash the face, eyes, and nostrils before putting soap into the bath. For nursery use old castile soap outranks in real value the scented cakes warranted absolutely pure, healthful, and slightly medicinal. Buy it in quantity, saw it into pieces an inch thick, and let it ripen for months on your closet-shelves. In applying it rub the wet cloth upon it. Beginning at Baby's head, wash this tenderly but thoroughly, taking care, of course, that the ends do not drip into his eyes. Hold a dry handkerchief to his forehead with your left hand to absorb the stray streams. Do not blind him with handkerchief or washcloth if you would have him maintain his equanimity. Wash the soap entirely out of his hair, or from his scalp if he is bald, and dry his head before leaving it. Use the like precaution with other parts of the body. Alkalies—even old castile—prove irritating if left to dry upon the skin. Much of the distressing chafing under the joints and where the skin lies in folds, which is pronounced mysterious by nurses, is the direct consequence of neglect of this simple rule. The specific object of the bath is to free the pores. The alkaline soap has an affinity for the fatty parts of the cutaneous secretion, attracts them to itself, and ought to be washed away together with the new oils it has gathered.

When he is quite clean, and has had a brief frolic in the waves he has churned into yeast, lift the child to your lap, having laid a soft towel (warmed in winter) on the flannel apron. The duration of the bath ought not to exceed a few minutes; good cannot and some harm may come from soaking him for fifteen or twenty minutes. It must not be forgotten that the chief advantage of the bath over the simple washing consists in the more thorough cleansing it insures and the circumstance that all parts of the body are exposed to the same temperature. Should the child resist the motion to remove him—and the chances are that he will—do not yield, but try some form of consolation. A toy, a game of bo-peep behind the flannel folds, a flow of chirrupy talk, accompanied by the prompt removal of the tempting tub will usually bring him to reason.

Lose no time in enveloping the child in the warm folds of the flannel apron. Two towels ought to be used in drying him—a soft one to absorb the moisture, another somewhat coarser, but not harsh, to rub him gently with until the skin is suffused with a glow. When perfectly dry, his flesh sweet and pure with the exquisite lustre imparted by bath and friction, he is the most kissable object in nature. Nevertheless, do not delay to dress him. He is more likely to take cold now than before the exercise that has given both of you such delight, and for an hour or so thereafter should be kept indoors and shielded from draughts.

We have not spoken till now of the temperature of the room in which Baby gets his bath. In a general way, the temperature ought to be about the same as that to which the child is accustomed in the house. Sixty-five degrees is not too low if the child is habitually kept in that temperature, and it must be eighty if, as is far too often the case, the nursery is kept at that heat. If the weather makes it impossible to bring the room to the proper temperature, omit the immersion. Under all circumstances it is of the first importance to avoid the least draught.

NURSERY COOKERY.—NO. 3.

SO much of a child's general comfort, if not of its health, depends upon the regularity with which food is administered that any recommendation of a regimen for the nursery would be incomplete which did not include instruction on this head. Having elsewhere given my views and laid down guiding rules on the subject, I may be excused for making here a longer extract from a work already printed * than I should consider justifiable if I could state the case more distinctly now than when the following was written :

"Another cardinal principle in feeding an infant is regularity as to time and quantity. Begin by giving the breast or bottle every hour and a half, and gradually widen the intervals between meals until at three months of age this settles into a fixed period of three hours. Before this rule has been established for a fortnight you will observe that the delicate mechanism of appetite and digestion has accepted the regulation of intelligent power and adjusted itself most amiably to the arrangement. The advantages of the system are almost as signal to mother as to child. She can absent herself from the nursery and house for a quarter of the working day with great comfort of mind and body. Baby will not grow hungry while she is away, nor will the milk-ducts fill painfully before the nursing season is at hand. The little one will play contentedly in the parent's sight without teasing her for food in the many ways that try the temper and nerves of both, and when out of her presence the happy child forgets that it has a mother. The weak obstinacy of women who make their boast of the soft hearts that will not let them deny the darlings anything would be less reprehensible if it acted hurtfully only upon themselves. . . .

"It would be a waste of time and strength to endeavor to persuade these complacent martyrs that they injure the children even more than the mothers." They persistently

* "Eve's Daughters," p. 37.

refuse to notice the evidences of over-feeding. When the still active stomach rejects the surfeit, mamma is not dismayed. "All healthy babies throw up their milk." If it comes up curdled, it is accepted as a sign that he "got the nourishment out of it" before rejecting it. If he cries before feeding, he is hungry; if afterward, he has the colic. That the surcharged stomach may be the cause of the distress does not present itself as a probability.

The seasons of Baby's meals should be household habits by the time he is allowed to partake of cooked food; do not blunt the zest which he ought to bring to the consumption of regular rations by intervening nibbles and lunches. He will learn to expect and depend upon these, and be discontented when they are withheld. The practice of appeasing him when restless, from whatever cause, by thrusting a cracker, a slice of bread, or, worse yet, a "hunk" of gingerbread or a "cookie" into his hand, is discountenanced by wise mothers. He besmears his face and clothes, drops crumbs on the carpet, and makes a continual want for himself. When the hour comes for feeding him give him his quantum of proper food, properly prepared. Let him eat it leisurely and as soon as he is old enough to sit at a table serve his meal neatly in plate, cup, or saucer, set on a clean cloth, his own spoon, china, and finger-napkin laid in order. These are not trifles. More Americans would breakfast, dine, and sup in healthful decorum, and fewer "feed" if they were trained from infancy to consider a meal as a ceremonial observance; and the need of popular essays on "Table Manners" would be less urgent.

To secure health it is often necessary to vary Baby's bill-of-fare. A preparation which agrees perfectly with one child upsets the digestion of another. Should an article of diet, approved by foremothers and contemporary gossips, persist in non-assimilation when introduced to our baby's digestive organs, we need not be disheartened. There is a choice even among the simples to which we should confine ourselves, nor is the range of these

simples so narrow as would appear at a casual survey of the list.

Again, certain kinds of nourishment that agree with the system in winter do not agree with it when summer relaxes the frame or when illness heats the blood. The intelligent parent will study the properties and tendencies of what are classed among suitable edibles for the upbuilding of her child in vigor and growth, and adapt these each to its season and circumstance.

In illustration of what has been stated I give herewith recipes for two preparations which may be taken in cold weather without risk by a healthy weanling a year old and upward:

OATMEAL PORRIDGE.

Get the best Irish oatmeal, giving the preference to that which is somewhat finely ground.

One half cup of oatmeal soaked over night in a cupful of cold water.

One pint warm, not hot, water.

One-third teaspoonful of salt.

Stir the soaked meal into the warm water, set over the fire in a farina-kettle, and stir from time to time until it is boiling hot. Then beat up from the bottom with a wooden spoon to a lumpless batter, repeating this every five minutes for at least three-quarters of an hour. You cannot cook it too much if you keep plenty of boiling water in the outer vessel. Scorched porridge is nauseous—unspeakably! Stir in the salt faithfully at the last, and should the mixture thicken to unexpected stiffness thin with boiling water. Turn into a bowl, dip out enough for a meal, and serve in mug or saucer, beating in while hot enough milk to bring it to the consistency of gruel; sweeten slightly and let Baby have it.

Keep the reserve in a cool place, and add, when it is to be used, sufficient hot—never boiled—milk to reduce it to the proper consistency.

HOMINY AND MILK.

One-half cup of fine hominy, soaked five or six hours in one cup of milk.

One pint of warm water.

One-third teaspoonful of salt.

Cook as you would oatmeal, stirring often for one hour after it reaches the boiling-point.

Thin with milk, sweeten slightly, and give while warm. Keep what is not immediately needed on ice, mixing with hot milk when used.

It should be added that this preparation is slightly laxative in its effects. It may be used instead of drugs when a gentle aperient is needed.

PURE AIR IN THE HOUSE.

BY GEORGE E. WARING, JR.

THE statistics of mortality in all communities show a great preponderance of deaths during the period of infancy. The excess is largely among the poorer class; at the same time the mortality of infants among those whose lives are directed with the most intelligence, and whose means enable them to secure abundant comfort, is vastly in excess of the rate among older persons. The sanitary question, in its widest range, should certainly be the leading one with all thoughtful parents during the infancy of their children.

This question in its widest range, however, embraces all the physical surroundings and conditions of the infant: food, clothing, exercise, medication, and pure air. Of these the last, only, falls within the province of the drainage engineer—the purity or impurity of the atmosphere to which the child is subjected, more especially the purity of the atmosphere of the house in which it lives, and to which older persons who are inured to its defects are much less sensitive. Infants themselves, indeed, by inheritance or by habit, have a great power of withstanding the influence of atmospheric impurity, and it is not wise to take a too exaggerated view of the effect of unfavorable conditions, in this respect or in others. All that it is safe to say is that defective sanitary conditions of one sort or other are doubtless the cause of a very large proportion of deaths among very young children, and that atmospheric impurity is conspicuous among these.

Nearly all death during early life may be considered accidental death. While the impure atmosphere in which the child lives may be but one source of such fatal accidents, it is certainly one so important and so largely

under the control of the parent, that at least full weight should be given to it.

SEWER GAS OF HOME MANUFACTURE.

We hear a great deal about "sewer-gas." Among those persons who are likely to come under the influence of magazine literature this cry is very rapidly losing its significance. The improvement in the construction of sewers and in the drainage of houses is already such that there is no longer an excuse for the production of very foul air in sewers, though many existing sewers do, and for a long time must continue to, produce it; and many houses, even of the better class, which have not had their drainage-works remodelled within a few years are subject to the invasion of sewer-air, more or less impure. So far as the condition of the average house is concerned, however, we shall be safe if we assume that all or the worst of the "sewer-gas" to which it is subject is of home manufacture. It is well understood that the putrefaction of organic wastes in confined spaces, where there is no adequate exposure to atmospheric air, produces gaseous products which are often enfeebling to the constitution, and not infrequently the vehicle of dangerous infection. In a very large majority of existing houses, even of the better sort, there is, in the traps and waste-pipes and drains, a sufficient deposit of, or a sufficient sliming with, the solid parts of the household waste to cause a production of foul air to an injurious, and sometimes to a fatal, extent.

The radical cure for this difficulty would be, where necessary, so to rearrange the drainage-work that the amount of piping, the number of openings from the drainage

system into the house, and the number of vessels appropriated to the different uses of its occupants should be reduced to the limit of reasonable convenience—luxurious profusion being, from our present point of view, in every way objectionable. Furthermore, every inlet into the drainage system should be used so often as to have its trapping-water, etc., in which incipient decomposition may occur, changed with great frequency; better still, every use should be accompanied with such an abundant and forcible flow as to wash the channel as clean as may be. And again, all of the main lines of drainage in the house should not only be open above the roof, but they should have a sufficient inlet for fresh air at the lower end to insure a constant movement, even though slight, of their contained atmosphere, affording an abundant constant supply of oxygen to hasten and complete the decomposition of the sliming of the pipes, and to dilute and carry away the gases produced. Short branches may be safely left to the atmospheric change due to the general diffusion of gases and to the frequent movement of air caused by the frequent discharge of water. Long branches had better be avoided in all cases, but where admitted they should be ventilated independently, care being taken not to bring the ventilation so near to the trap as to cause the destruction of its seal by the evaporation of its water. Every joint of the piping should be absolutely and permanently tight, and every trap in the house should afford a safe and indestructible barrier to the interchange of air between the interior of the system and the air of the rooms.

One of the most frequent seats of the decomposition of waste matters by which the atmosphere of the house is tainted is along the course of the drain under the cellar-floor, by which the discharge of the soil-pipes is carried to the public sewer. It would certainly not be extravagant to say that ninety-five out of one hundred such drains are so constructed that a portion of the foul water that they carry leaks out of the joints into the ground, there to decompose, with more or less opportunity to deliver the resultant

gases within the walls of the house. If nothing else is done by the owner or the tenant, this one very common defect should be sought out and securely remedied.

If all of the drains and waste-pipes of the house are made to conform to the suggestions here given, we may safely relegate the condition of the public sewer to a very secondary position, though, of course, our complete protection and, to a large extent, the interest of the community and the interest of our own children playing in the streets, would indicate the most careful and complete reformation of this part of the work also.

It is not only by an escape through traps and from the outlets of our various connections with the soil-pipe that we are to apprehend a pernicious fouling of the atmosphere of the house. It is practically a universal custom with all builders to carry the soil-pipes and waste-pipes and supply-pipes, and even steam-pipes as well, in a bunch together, through holes in the different floors where there are fixtures to be accommodated. Branches and interlacing pipes occupy this space in a confusing way. The course of the pipes from the cellar to the top of the house is through a continuous series of openings. After the work is finished the openings through the floor and ceilings are not closed; they are hidden behind the casing of a water-closet, sink, or other fixture, and a wooden casing is built around the pipes to conceal them from the room. Any foul air produced in the cellar finds an easy way through this channel to the top of the house, with every facility for branching out right and left and filling the space between floors and behind the plastering. Through every loose joint of the casing, whether of the pipes or of the fixtures, it has free admission to the room. If the servants' closet in the basement is subject to overflow or slopping, as is very often the case, the space under the seat and behind the riser is a small gas-retort producing dangerous and offensive air, which, with more or less dilution, is freely disseminated through the house. Even the best water-closet in the house is far from being free from overflow and spattering, and

whatever foul air is here produced is diffused with equal facility. If there is a leaky joint in the piping at any point, from top to bottom, permitting an escape of foul air from the drains, it may thus be distributed throughout the house.

HOW TO PREVENT THE DIFFUSION OF FOUL AIR.

The remedy for this is simple and easy. Let every floor and ceiling through which pipes pass be made tight around them, not only by fitting the floor-boards as closely as possible, but by plastering the ceilings tightly, or, better still, by filling the cube between floor and ceiling occupied by the pipes with plaster of Paris,* filling every nook and cranny so that the passage of air is impossible. Every water-closet, wash-basin, sink, etc., throughout the whole house should have its concealing carpentry removed, the whole space about it being exposed fully not only to free ventilation, but to constant inspection and cleansing.

There are other details which are important. One may be considered imperative—that is, that if the water-closets in the house or a part of them should be of the prevailing “pan” kind, in which there is a pan immediately under the bowl which drops back out of the way when the handle is raised, these should be removed, and better and simpler closets should be substituted for them. What is infinitely better and, under good care, sufficiently good, a plain hopper-closet with a deep trap under it, is hardly more costly. Without touching upon minor details, it is here our purpose merely to indicate the great importance of certain simple reforms, and to suggest the general principles to be kept in view.

THE PLUMBER'S OBJECTIONS.

Unfortunately, few householders can give the time or would take the trouble to study the practical application of these principles.

* Where the pipes are long and subject to variation of temperature, it is well to provide for a movement due to the extension and contraction in length by surrounding each pipe closely with a tube of tin, which will be held fast by the plaster and will allow the necessary movement of the pipes.

Their natural recourse will be to the plumber. The natural instinct of the plumber is always to make light of the suggestions of writers on sanitary subjects, and the natural aptitude which has made him a successful business man enables him to see quickly and clearly how to impress his client with the idea that he, after all, is the *only* practical man and the true final authority. The wise course would be, supposing him to be a fair man and a good workman, to pay great heed to his suggestions. So far as the adaptation of his work to local conditions is concerned, he is the competent and sufficient judge; but it is important to urge that he be held to the general lines above laid down. There is nothing in these directions and hints that is not in direct accordance with the best practice of the day; nothing that may not be simply attained in the reformation of the drainage-works of any house. Therefore every suggestion that the plumber may make should be measured by some such scale as is herein given. If his recommendations violate these general conditions, he is not to be trusted as a guide. If he says that he has always used pan-closets and everybody has been satisfied with them, that goes for nothing. Every one who knows what constitutes goodness or badness in a water-closet knows that the pan-closet is altogether bad. If he says that the space through which the pipes pass from one story to another must be kept open for convenience of approach for repair, he must not be heeded. The work should be made such as to stand in little need of repair, and in case of need it is not a very serious matter to remove the closing material recommended. So throughout the whole range of work to be done. He will generally be shrewd enough to suggest additions and alterations which may increase the cost of the work. These it may be difficult to set aside; but if he suggests that the work cannot be done in the manner indicated, he may safely be overruled.

The foregoing by no means covers all that might be said to interested parents as to the relations between the drainage of their houses and the possible illness of their children;

but it covers the main points and the general principles.

PROPER CARE OF WASTE-PIPES.

The drainage-works of the house being properly constructed, much depends on their proper use and on their proper care. It is not a proper use of a water-closet to discharge into it broken crockery, brushes, cloths, and other bulky articles, as servants, heedlessly or by design, are apt to do. It is not a proper use of a wash-basin, but unhappily it is not an uncommon use, to empty and wash chamber-vessels in it. Neither is the same use an appropriate one for the bathtub. Defective working and increased offensiveness due to such use is much more common than would be supposed. Even with proper use, constant care and watchfulness should be exercised by some competent member of the household. The following points are of especial importance :

No trap should be allowed to retain the same water more than a single day ; at some fixed time during the day all fixtures which are not in regular use should be visited and have enough water sent through them to make sure of a renewal of the trapping water. This will not only serve as a protection against evaporation and consequent unsealing, but it will remove any organic matter that may be lying in the trap, before it shall have become offensive from incipient putrefaction.

Every water-closet should daily be thoroughly flushed and thoroughly washed inside and out, and the floor and the whole space under the seat should be washed clean and made thoroughly dry.

If water can be afforded therefor, the bathtub when filled should be filled to overflowing, clean water being allowed to run through its hidden overflow for a sufficient time to wash it clean.

Kitchen and pantry sinks should be watched as to the freedom with which they discharge their wastes, a slow flow being an in-

dication either of a stoppage at the strainer, which is not serious and which can easily be removed, or of an accumulation of congealed grease sufficient to reduce the water-way materially. Such grease so situated is always undergoing decomposition, and we cannot always be sure that the trap affords an efficient protection against its gases.

The servants' water closet should be an object of special attention. If there is but one first rate closet in the house this should be the one, and it should be so set and so exposed to cleansing and inspection, that not only it will be an easy matter to see that it is kept in good order, but that its cleanly and attractive condition shall be an incentive to those who use it to keep it in good order. Experience in the inspection of houses indicates that a large majority of persons who are extremely careful about all other plumbing-work of the house are entirely careless and ignorant about their servants' closets, which are not seldom disgracefully and dangerously foul.

The principle underlying these recommendations is this : The introduction of modern plumbing appliances into the house for the removal of its organic wastes is a recent highly artificial addition to our conditions of life, which has afforded such luxury and convenience that little heed is generally given to the possible mischief that may be entailed. Much less consideration has been given to the means by which the difficulties presented may be overcome. The luxury and convenience are undeniable. The advantage on the score of health, where proper care is given, is also undeniable ; but it is equally true that unless the possible dangers to be apprehended are duly appreciated, and unless an intelligent and anxious care is given by householders themselves to the construction, and almost more especially to the use and care of the fixtures, the liability to injury is great—injury not only to young children, but to older members of the household as well.



NATURE IN THE NURSERY.

BY HARLAN H. BALLARD,

Principal of Lenox Academy.

IT was not left for Froebel to discover that education begins in the cradle. The ancient Hebrews knew it, and left illustrations of it in the beautiful stories of the Bible. The Greeks loved to tell of the strange training and fiery baptism by which Ceres educated the infant Demophoön, and they taught their children the simple songs and games that, transplanted from classic ground, now bloom in orderly arrangement in the Kindergarten.

Unfortunately good Kindergartens are as yet rare in our country, and for the present, at least for the vast majority of the little children of America, the best place is at home and the best teacher is mother—mother without much theory, unlearned in “percepts and concepts,” but with an eye quick to perceive the awakening of intelligence, a heart quick to respond to the earliest unfolding of affection, and a mind quick to understand the folly and the danger of permitting the development of bone and muscle to be subordinate to the development of brain.

A wise mother will neither stimulate her child to precocity nor repress it to stupidity. Suppose a healthy child in the care of a wise parent: should anything be done during the first five years of life toward directing his mind to the observation of natural objects? No playthings can be better for little children than those that Nature gives them. An orange, with its rich color, elastic texture, sweet fragrance, and simple form, is better than a contorted rubber rattle. Before the hands can hold an orange the fingers will

clasp the stems of dandelions and of violets. Nothing attracts a child's attention earlier than color; and the colors of Nature's palette are pure and true. When your boy is old enough to learn them, let him get his idea of violet from a violet, of red from an apple, of green from a leaf, of yellow from a lemon, and of orange from an orange. His knowledge may afterward be tested, if you will, by means of accurately-colored blocks or cards. Very young children may easily be taught to recognize not only the primary colors but some of the delicate shades between them.

It is practically important that children should early learn the different parts of their own bodies. A child of two years should be able, when asked, to put his finger on his head, forehead, nose, cheek, chin, eye, eyebrow, eyelashes, mouth, lips, teeth, gums, tongue, throat, neck, back, breast, arm, shoulder, elbow, wrist, finger, thumb, leg, knee, ankle, foot, and toe, with distinction between right and left. He will soon recognize most of the corresponding parts in the doll, the kitten, and the dog. Before the age of three the child ought to know the functions of the more important external organs. He should know that he sees with the eyes, hears with the ears, smells with the nose, and tastes in the mouth. (It will be precisely as easy for him to learn that he tastes with the tongue and palate, if you choose to teach this; and why not?)

Many natural phenomena attract the attention of little children. Before the third year they know rain and hail, snow, mist,

and cloud. They recognize the sun, throw kisses to the moon, try to grasp the stars, and rejoice in the rainbow. The sunshine resting on the floor, the shadow dancing on the wall, fire and smoke, wind and water, have become familiar. At three they know mountains and rivers, lake, ocean, and sky; they know the lightning and thunder. It is not, therefore, a question of choice whether we shall have Nature in the nursery. We cannot keep her out. It is her rightful place. She is herself the "dear old nurse" of Longfellow.

Young children learn the names of a multitude of objects, and it is of the utmost importance that they should learn the correct names. This is quite as easy for them as to learn wrong ones. There is no excuse for teaching your boy to call flowers "posies," nor for allowing him to call every bird a robin and every insect a bug. My little boy, not yet three years old, has no difficulty in recognizing the violet, dandelion, tulip, tiarella, gladiolus, and rose, and in calling them by their proper names. He knows pine and hemlock and poison-ivy, does not confuse orange with yellow, nor blue with purple, and points out readily root, stem, and leaves. He does not call a caterpillar a worm, nor a beetle a bug. He has learned these things not only without any urging or special teaching, but in the face of quite consistent efforts to repress his mental activity. We have simply told him the truth when we have told him anything.

When pattering along the sand by the sea, he pricked his little foot on a barnacle, and asked what it was. I said, "A barnacle." He instantly "took up his parable" as follows: "The barnacle would prick baby. The barnacle is sharp. The barnacle is almost like a pin. Pins would prick baby. You don't wish that barnacle to prick you." He always calls himself "you"—logically, since he always hears that word addressed to him, and we haven't the heart to disturb him in this innocent error, inconsistent mortals that we are.

Should I not have done him wrong if, in answer to his question, I had told him it

was a *pin* on the rock that had pricked him?

Children are quick to see resemblances and differences. Advantage may be taken of this to give them objects that are much alike and lead them to make little comparisons. My boy was familiar with pine-needles. I handed him a twig of hemlock. He looked at it a moment and said, "Pine-needles!" Then, after a pause, he added, "It isn't pine-needles. It is almost like pine-needles. Papa, say what it is." Of course I said "hemlock," and he has not forgotten it.

He knew "pendulum," and on seeing for the first time the balance-wheel of my watch he cried, "Pendulum!" He knew "bicycle" from seeing the older boys riding, and when he first saw a capital "Q" he called it "bicycle." When he saw the graceful flower of rhubarb he called it "tiarella," and when he heard the jingling of water shaken in a large bottle he exclaimed, "You think there are sleigh-bells in there."

With this universal tendency to generalize, to apply to each new object of thought a name previously learned in connection with some object possessed of a real or fancied resemblance, how important does it become that children should be taught nothing but the truth!

If it is important that right names be taught, it is far more essential that true statements be made, true thoughts awakened, true feelings inspired. It is little short of wicked to fill a child's heart with ungrounded fear and shrinking in connection with harmless and cleanly creatures. Such expressions as "Oh! don't touch that horrid worm; it will bite Baby," "Come away from that nasty toad," are inexcusable. There is no natural shuddering at sight of any of God's creatures, serpents not excepted, unless it be inherited from ill-taught ancestors. My little two-year-old, on seeing a worm, cried out, "O that dear little worm! Mamma, put it down on the floor, and let you [me] put your [my] cheek down byside it." He throws kisses to the snakes in our museum as prettily as to the butterflies. Kindness and gentleness to animals should be taught from the

beginning, and are a natural result of the teaching of the truth. It must be from false fear or groundless aversion that young children come to have a desire to injure or destroy any living creature.

Very little children should be encouraged to pat the cow and the dog; to lay their cheeks against the warm flanks of the horse, and to love rather than to fear.

As the child grows older many little games and songs may well be used to guide his thoughts and induce habits of observation. The mother looks about the room and mentally selects some bright object. She says, "I see something red." And the bright eyes of the child will enjoy the search and be trained unconsciously to nice distinctions. Before the age of five the broad differences between the animal, vegetable, and mineral kingdoms may be learned and made the basis for several simple plays.

Mothers would do well to prepare themselves for their work by reading Jacob Abbott's excellent books, "Learning to Think," "Learning to Talk," "Learning to Read."

Some years ago the Agassiz Association was established, having for its object the founding of local societies for the study of Nature—something after the fashion of the little home-society so vividly described in "Rollo's Museum"—and we have been surprised not more by the unexpected growth of the association, which now has over seven hundred branches and about eight thousand members, than by the interest taken in it by many fathers and mothers for the sake of their little ones at home.

Contrary to expectation, it has been found that children under five are fond of making little collections, and of learning little lessons out of doors about their friends—the flowers, the pebbles, and the birds.

POISONOUS CANDY.

BY CYRUS EDSON, M.D.,

Chief Inspector of the Second Sanitary Division of the New York Board of Health.

"DOCTOR, how can we ourselves tell whether the candy we buy is adulterated or not?" I have been asked this question so frequently by anxious mothers that I have determined to tell them, through the pages of *BABYHOOD*, something about the adulteration of candy, and give some simple, practical tests by which injurious ingredients may be detected, or rather by which the necessity for a more elaborate analysis by a chemist may perhaps be avoided.

From a sanitary point of view the adulteration of sugar confectionery is a subject of great importance. That it must be so is evident when we consider how fond children are of sweetmeats, how much they consume, and how susceptible their delicate systems

are to digestive disorders. Adulteration not only of confectionery, but of every article of manufactured food, is practised for one or both of the following reasons: First, to make the article more salable by improving its appearance; second, to cheapen the article by the addition of some substance which, while affecting its quality, will not materially alter its appearance or taste. Three kinds of adulteration are practised by manufacturers of candy. These may be called, respectively, bulk adulteration, color adulteration, and flavor adulteration. We will consider each separately in the order enumerated.

The substances which are added for increasing the weight of candy, thus enabling the manufacturer to use less sugar in the

preparation of his wares, are as follows : Terra alba, kaolin, whiting, starch, and ground quartz.

ADULTERATION FOR WEIGHT AND BULK.

Terra alba, chemically speaking, is the hydrated sulphate of lime. It may be detected by burning a few of the suspected candies in an iron or other suitable vessel until the sugar is consumed, and then mixing in a tumbler of water the ash which remains. If a white cloudiness ensues on the addition of a small amount of a solution of chloride of barium, the candy has probably been adulterated with terra alba. The solution of the chloride of barium can be bought from any druggist, and is cheap. An ounce of it will make several tests. Kaolin (decomposed feldspar) and ground quartz may be detected by dissolving the candy in hot water ; as they are insoluble, they will settle to the bottom of the vessel. Whiting (ground chalk) will cause the solution to effervesce if a little acid is added to it. The test for starch is an accurate one. Dissolve a sweetmeat in a little cold water, and add a drop or two of tincture of iodine ; if a blue color is developed starch is present.

Candy that has undergone adulteration for bulk cannot, in a strict sense, be considered poisonous, though it is doubtless very injurious ; even starch, when uncooked, being very difficult to digest, while the other substances need no comment. Of the frequent instances in which we see children sick with digestive disorders—the bowels constipated, the tongue coated, the head aching, a dose of castor-oil being clearly indicated—four-fifths are, in my opinion, due to adulterated candy.

ADULTERATION FOR COLOR.

We must now turn our attention to adulteration practised for color. This is frequently a most dangerous fraud, as poisonous pigments are used. Of sixty-four manufacturers of candy in this city, I found thirteen engaged in this form of adulteration, most of them ignorantly unaware of the deadly nature of the colors they used, knowing them only by their common names. The plea of

ignorance, however, must be regarded a poor excuse for such practices.

Some of the manufacturers asserted that the amount of color used was so small that it could not possibly be injurious ; but this is not true, as is indicated by the eye alone and confirmed by chemical analysis. Preparations of lead, copper, mercury, and arsenic are poisons such as are termed by the medical profession cumulative in their effect—that is to say, they accumulate in the system little by little until enough is present to act poisonously. Cases are on record of lead-poisoning caused by merely moistening with the tongue wafers colored with red lead. How much more injurious is confectionery colored in like manner when received into the system through the stomach !

A few years ago the Council of Health of Paris, which body first began the crusade against the use of poisonous colors, published two lists, one of harmless colors the use of which was permitted, the other of poisonous pigments the use of which was strictly forbidden. The first list consisted of vegetable colors and cochineal, the second of mineral colors compounds of lead, arsenic, antimony, mercury, copper, and iron. In Germany a strict law compels every color-manufacturer to mark each package of colors with a letter which indicates the poisonous ingredient in the color.

TESTS FOR POISONOUS COLORS.

The articles required for roughly testing candy with respect to poisonous colors are as follows : A few ounces of alcohol, about an ounce of a solution of bleaching-powder (hypochlorite of calcium), a little white woollen yarn, and a small bottle of *aqua ammonia*. See first whether the color can be dissolved out by alcohol ; if it can, immerse the woollen yarn in the solution, and should the color adhere to the yarn and dye it, the probabilities are that it is a coal-tar color ; if a red, it may contain arsenic. If the alcohol produces no effect, try a drop of the bleaching-powder solution applied to the surface of the sweetmeat. If the color fades out it is probably of vegetable origin and is

harmless. The poisonous color most frequently used is chrome yellow, a compound of chromium and lead. Its presence may be strongly suspected if the following tests have shown that none of the harmless yellows have been employed. The harmless yellows most commonly used are turmeric (a vegetable color, made from the root of a certain herb), fluorescein (a coal-tar yellow), and a number of vegetable yellows. Turmeric turns red when treated with ammonia. The other vegetable yellows fade when treated with the solution of bleaching-powder. Fluorescein derives its name from its very peculiar property of imparting a beautiful fluorescence to its solution in water. Dissolve candy in a tumbler of water, and view the water in the sunlight against a black background; if fluorescein has been used the green fluorescence will then be seen. When the tumbler is held between the eye and the light, the color of the water appears yellow. If no results are obtained by any of these tests, the suspected candy is probably colored by chrome yellow and is poisonous. Burnt umber, an iron-bearing earth, frequently used to adulterate chocolate confections, may be detected thus: Dissolve the confection in a tumbler of hot water; if a brown, gritty residue remains undissolved in the bottom of the glass, the presence of burnt umber is indicated.

ADULTERATION FOR FLAVOR.

I regret that I cannot give any simple test by which adulteration for flavor may be detected. The reader will, however, be interested in this form of adulteration, for it illustrates more forcibly than either of the others the wonderful discoveries made by

modern chemistry. The flavoring essences used at the present day are nearly all artificially made. In many cases chemistry has enabled us not merely to imitate, but exactly to reproduce, natural flavors. Wintergreen, vanilla, and other flavors are made, which are identical with those produced by nature in plants. Some artificial flavors, however, are not identical with the natural, but only resemble them. Some of these contain prussic acid and some fusel-oil, both of which are highly poisonous; hence the danger of allowing ignorant persons to flavor candy or other articles of food. In Brooklyn, a few months ago, the agents of the Society for Prevention of Cruelty to Children noticed children in the streets acting drowsily, as if they were drugged. Investigation revealed that they had eaten "rock-and-rye drops" flavored with fusel-oil and alcohol.

The "essence of pineapple," which is made by distilling rancid butter, wood alcohol, and oil of vitriol, is said by Dr. Hassall, a celebrated English authority, to be injurious. Almond-flavor is stated by him to have caused many cases of fatal poisoning from the prussic acid contained in it. Dr. Hassall also says that a very fragrant, fruity essence may be made from rotten cheese by treating it with oil of vitriol and bichromate of potash.

In conclusion we may assure the reader that candy can safely be eaten which is purchased from any first-class manufacturer in New York, for the reason that the Board of Health intend to keep a close watch over the manufacture and sale of sugar dainties in this city. The knowledge of certain detection and conviction will, if nothing else avails, prevent infractions of the law.



FALSE CROUP—ITS PREVENTION AND TREATMENT.

BY JOHN H. RIPLEY, M.D.,

Professor of the Diseases of Children at the New York Polyclinic.

"TOMMY came very near dying of croup last night," said Mrs. F. to the doctor, who had made an early morning call on the young mother in response to her urgent request to "come as soon as possible." In answer to questions, the doctor learned that Tommy (two-and-a-half years old) had had a slight cold during the two days preceding, but that it was so trifling that no medical treatment for it had been thought necessary. The evening before, he had been put to bed apparently well at the usual hour of seven o'clock, and had slept quietly until nearly midnight. He then suddenly started up in bed with a loud, dry, barking cough, at the same time violently struggling for breath. The terrified mother found him sitting up in bed, leaning forward, his arms extended, and his hands pressed into the bed-clothing by his side, as if for support. His face was livid, his eyes protruding and almost bloodshot; and each time that he drew his breath the air rushed into his lungs with a loud, shrill, crowing sound. This is the picture of the onset of Tommy's disease, as drawn by the mother, and is probably in the main correct.

Is it any wonder, then, that she was very much frightened, or that she sent immediately for the assistance of an experienced grandmother? Devoid of all motherly tenderness and affection, indeed, must be any mother who can look for the first time upon a child suffering from an attack like that described and not have her fears aroused and her sympathies intensely moved. I say "for the first time," because the alarm which it excites is limited mostly to those who have had little or no experience with the disease, and who, consequently, not only magnify its dangers, but also are at a loss what to do for it. Nothing, indeed, contributes so much to our self-possession in an emergency, as confidence in our own ability to do the best possible thing under the circumstances.

Tommy's disease was what is called by physicians "spasmodic croup," or "false croup," and is very different in its onset, its course, and the degree of danger attending it, from that terrible malady known as "membranous" or "diphtheritic croup." That which we are discussing comes on suddenly in the nighttime, often without any warning whatever, or at most preceded by a slight cold only, and, under proper treatment, loses its severity within an hour. It may recur in the same night, but more often it is repeated on the following night; and perhaps it may occur many times a year for several years. It affects certain children, at intervals, from the time they are twenty months old, or even younger, till they are seven or even nine years of age. Such children are usually of a highly nervous temperament, perhaps at the same time having soft bones and flabby flesh. Attacks are ordinarily brought on through taking cold, especially from getting wet feet; malaria is sometimes the cause; sometimes, perhaps, also indigestion. In some families all the children are subject to attacks of such croup, while in others a portion of the children, those resembling one or the other parent—oftener the mother—will suffer, while the rest remain exempt. In a large proportion of families the disease does not occur at all, no matter how much the children may be exposed.

Although I have intimated that this disease is not nearly as serious as it would appear to any one not acquainted with its nature and cause, and although, I may add, it rarely, if ever, causes death, still the suffering of the child is very great during the paroxysm; and, besides, the prolonged duration of these seizures has a tendency permanently to injure the lungs. It is, therefore, important to prevent the attacks as far as may be, and to cure them as quickly as possible if they occur in spite of all precautions.

Much can be done in both respects by the parents themselves.

As the condition of the general health has much to do with susceptibility to disease, it is especially important that the health of children subject to spasmodic croup should be carefully watched. Such children should live methodically, eating regularly of plain, wholesome, nutritious food. Nuts, candies, pastry, and desserts generally, should be allowed but sparingly. The importance of keeping the digestive organs in a healthy condition, particularly as regards regularity of the bowels, cannot be overestimated. If mothers would devote more attention to this subject, and less to that perfectly natural and ordinarily harmless process, "teething," we should have fewer cases of convulsions and other nervous affections. Indigestion often produces serious, and even dangerous, nervous symptoms; "teething," as I believe, never. Fixed hours for sleep should be varied only for strong reasons. Outdoor exercise should be encouraged, and even compelled, with proper precaution. As croup occurs chiefly during the cold season, it is highly important that children should be warmly clad when sent into the open air, especially as to their feet and lower limbs. More cases of croup occur from damp and wet feet than from any other single cause. Children should not be taken out while suffering from colds in the head or during attacks of bronchitis (cold on the chest). In the latter case pneumonia may ensue, if croup does not. Rubbers should not be forgotten when the sidewalks are wet.

But suppose, after all, that your boy wakes up some night with that distressing, barking cough, what is to be done? First, put him into a bath of warm water, of the temperature of 100° to 106° F., and keep him in it for about ten minutes, unless he should complain or show signs of faintness. Do not, as I have known some mothers do, put a few quarts of tepid water into a big tub, not enough to cover the lower extremities of the child, and then proceed to wash it. That will not do any good. *But have sufficient warm water, so that the child's body shall*

be entirely immersed, the head being frequently sponged meanwhile with the warm water. In the meantime, if you have no emetic in the house, send to the drug-store for an ounce of syrup of ipecacuanha (syrup of ipecac), or, what is perhaps better, an ounce of the ipecac-syrup mixed with half an ounce of hive-syrup. As soon as the child is out of the bath, unless he is very much better, give him a teaspoonful of whichever of these preparations you have procured, and, if vomiting does not follow in fifteen minutes, repeat the dose, unless the attack is relieved. Not more than three successive doses should be given without the authority of a physician. Often, although the child may not vomit, the effect of the medicine on the croup will be to give relief. In such instances it produces paleness and a cold perspiration, with dullness of the eyes, which need not excite alarm. But as a rule vomiting will follow one or other of the doses. If not, it is dangerous to continue administering the medicine. I suggest these emetics in preference to others for domestic use because they are quite trustworthy, and, if used with ordinary care, harmless. Powdered mustard, in teaspoonful doses, mixed with a third of a glass of warm water, or the same quantity of powdered alum, with a little honey or syrup, may be used in an emergency. Some physicians leave "croup powders" ready prepared with their patients to be given in these cases.

Generally after the bath, and almost always after the emetic has taken effect, the croup symptoms decidedly abate, although the patient still coughs "croupy," and, perhaps, continues to breathe somewhat noisily; but the worst of the attack is over. If now a large, hot, flaxseed-meal poultice be closely fastened around the child's neck and renewed hourly, the remaining symptoms will slowly disappear.

The inhaling of warm steam from a vessel containing boiling water, or of steam produced by slowly plunging a heated flat-iron, brick, or large stone into a pail of cold water, also aids in relieving the difficult breathing in croup, and may be used at any time during the course of the disease.

As a child having had one attack of croup is especially liable to have a second on the ensuing night, it is wise to take certain measures to prevent such a recurrence. The patient should, therefore, be kept in the house for a day or two after the first seizure, confined to one room, and all exposure to draughts should be carefully avoided. The temperature of the room should be equable and about 70° F., and the air moistened with steam. A piece of flannel or a silk handkerchief should be tied around the neck by day and poultices

reapplied by night. A hot foot-bath should be given just on retiring. For two or three days more a little extra caution should be observed, until the child is fully restored to its usual health.

The suggestions in this article are designed to aid mothers who, from any cause whatever, are unable to obtain readily the services of a physician in attacks like those described. The consideration of other kinds of croup is reserved for a future number of *BABYHOOD*.

COCAÏNE.

BY J. HERBERT CLAIBORNE, JR., M.D.

SINCE the invention of vaccination and the discovery of general anæsthesia as a consequence of the inhalation of chloroform and ether, no more wonderful and simple secret has been filched from nature's healing stores than that revealed through the recent discovery of the local anæsthetic, cocaïne, by Dr. Carl Koller, of Vienna. In the course of chemical experiments, Dr. Koller accidentally noticed that an application of a two per cent. solution of the muriate of cocaïne to the eye rendered it insensible to contact with the finger. He was quick to realize the scientific importance of his discovery, which has since been fully established by numberless experiments both in Europe and in this country.

Cocaïne is an alkaloid extracted from the leaves of the *Erythroxylon coca*, belonging to the same class of chemicals as quinine, strychnine, and atropine. The *Erythroxylon coca*, a small tree, six or eight feet in height, the leaves of which, when green, are said to resemble those of the tea-plant, grows wild, and is also cultivated, in South America, chiefly in Peru and Bolivia. Its wonderfully stimulating properties had been recognized by the natives long before medical men had any knowledge of them. By chewing the leaves together with a little vegetable ashes containing some alkali, the natives of these

countries are enabled to bear with ease the toils of long journeys in the heat of a tropical summer. In such high esteem was it held amongst these people that they called it the "Divine Plant." Its leaves, made into amulets, were secreted about the persons of the young and old as a talisman against evil spirits and disease. In 1569 the first medical treatise upon the plant was written by a physician of Seville, and in 1749 it was first brought to Europe. Since the latter date it has steadily found favor with the scientific world, until in the fall of 1884 scientific research culminated in discovering its anæsthetic properties when applied locally upon any of the mucous membranes of the human body. As the alkaloid itself, cocaïne, is not freely soluble in water, its soluble salt, the muriate of cocaïne, has been used, and is found to possess all the properties of the alkaloid.

The local anæsthetic effect of the drug has proved itself of incalculable value in enabling surgeons to perform the most delicate and otherwise torturing operations on the eye without infliction of pain. All the operations performed upon the eye, save those upon the lids, can now be done painlessly, without the necessity of the patient's undergoing the general insensibility produced by ether or chloroform. Thus the operation

for cross-eyes, so often necessary in the case of young children, can now be performed without pain or risks.

In many inflammatory diseases of the eye the effect of the drug is equally beneficent. In those affections in which there is a dread of light, and in which tears flow continuously over the cheeks, a few drops of a watery solution of the muriate instilled into the eyes will give almost instantaneous relief, and enable the child to face the light without discomfort. In catarrh of the nose, so often seen in scrofulous children, in which the infant cannot take the breast on account of the congestion and swelling of the nasal mucous membrane and consequent difficulty in breathing through the nose, a few drops of the solution instilled into the nostrils will contract the mucous membrane, and, by giving free entrance to the air, enable the child to take its food in the natural way. In many diseases peculiar to women requiring surgical interference, operations have likewise been performed by the aid of cocaine without pain to the patient. In many of these cases the child is indirectly benefited; for, since neither chloroform nor ether is circulating in the mother's blood, it need not be even temporarily weaned. Both mother and child, therefore, directly and indirectly profit by the "Divine Plant." Truly the virtues of the plant justify its appellation.

The stimulating qualities of cocaine have led physicians both in this country and abroad to prescribe its use against the alcohol and opium habits, and in this respect, too, the results have been beneficent.

No disagreeable sensations whatever attend the instillation of the fluid. A few drops of the solution are generally adminis-

tered at intervals of several minutes, two or three applications being in most cases sufficient to produce complete insensibility of the part anæsthetized. Until the surgical operation is performed the patient is generally unaware that the organ under treatment has been deprived of sensation; although in some cases, especially where the fluid was introduced into the nasal cavity, patients have spoken of a certain numbness of the particular part, such as is produced by extreme cold. The return of sensibility sometimes manifests itself by a slight sensation of pain.

So far as known, no deleterious consequences have followed the use of cocaine. There is, however, an objection to its general use in its excessive cost, which probably cannot be much diminished. But for operative purposes its cost does not much, if at all, exceed that of other anæsthetics. Cocaine muriate costs about fifty cents per grain. Two or four per cent. solutions, obtainable at some of the leading retail drug-stores, are generally administered. The amount necessary for an eye operation is usually not more than half a grain—often considerably less. A pound of good ether costs a dollar, and as the patient must be thoroughly anæsthetized for an eye operation, we presume a quarter of a pound would hardly be an excessive amount to use. Hence the cost is not very different in the two cases. But the relief from apprehension on the part of the patient and from the bodily disturbance—including nausea and vomiting—which attends general anæsthesia, is a boon appreciated alike by patients and by those who have frequent operations to perform.



NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for by the editors at the rate of 10 cents per printed line (no single subject to exceed 25 lines), the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised.

IN case of the need of a fire in the children's room, the Nursery Coal and Wood Reservoir will be found a very convenient piece of furniture. These reservoirs are made to hold several hodfuls of coal and sufficient wood for kindling a fire a number of times. The coal-reservoir is so arranged as to feed into the lower



shoot as fast as the coal is scooped out for use, thus doing away with the dust arising from the old-fashioned coal hod.

While suggesting means for keeping the nursery warm, we may say the thermometer, of course, should never be absent. This instrument may be made ornamental in a number of ways. One of the prettiest is the following: Cut a round fan and handle of cardboard; cover this with plush on the upper side, first having embroidered a small spray of flowers near one end, and line the back with silk or silesia. Opposite the spray of flowers tack on a small, cylindrical thermometer; the proper kind can be easily procured at prices ranging from 10 to 15 cents. Add a bow of ribbon where the handle joins the fan, and place the whole on an easel. We would suggest that it might be well to test the accuracy of any cheap thermometer to be used in the nursery by comparing its readings

once or twice with an instrument known to be trustworthy.

A bag for the temporary reception of soiled linen will be found a most convenient article. Crocheted of macramé cord, it will be both pretty and durable. First work a round piece in a close stitch until a diameter of nine inches is reached. Then, without increasing the circumference, work in loose holes to any desired length—about eighteen inches will be sufficient. Finish off with a little scallop, distend at the top by running a rattan through the last row of holes, add a strong crocheted handle, and hang in an obscure corner. Individual taste will suggest color and various modes of decoration. Such bags may more speedily, if not so prettily, be constructed of cretonne.

A very pleasing novelty in the way of combination high-chair and carriage is shown in the



accompanying illustrations. This graceful piece of furniture is made of reed or rattan, plain or gilt. It is difficult to determine in which

capacity it is prettier, as chair or carriage. The foot-rest in pocket shape can be made into a warm nest for Baby's feet. The price is \$10.

An attractive way of decorating nursery walls is to work a series of panel-pictures, depicting the woes of Cinderella, the adventures of Red Riding-hood, or the various accidents that befell Hop o' my Thumb throughout his travels. Felt is best adapted for this purpose, as it is pleasant to work on and cheap, and has the further virtue that any inequalities in the work (drawn stitches and the like) disappear by the simple process of ironing on the wrong side through a damp cloth. The proper dimensions would be about ten by twenty inches. If you have any skill with the pencil you can draw your own designs or copy from the little one's picture-books. If not, you can have them stamped at a trifling expense in some embroidery-store. Work the picture in outline stitch in a color which contrasts strongly with that of the felt, using silk or crewel. If the felt selected be of a neutral tint, you may give free rein to your fancy and introduce all kinds of colors. When the embroidery is completed, tack the felt smoothly on a stiff piece of buckram, turn under on either side so as to make a nice edge, finish off at top and bottom with a narrow band of plush, velvet, or satin, decorate the bottom with little tassels of crewel, and suspend the whole with ribbon.

The objections entertained by all good housekeepers to driving nails into the walls on which to hang trifles of any sort, picture-cards and the like, no matter how much they would, and indeed do, improve the appearance of the room, can be happily met by use of the pretty little patent hooks attached to, and appearing to spring from, paper flowers. These are provided with a coating of gum on the wrong side and merely require wetting to make them stick to the wall, where they prove at once useful and ornamental.

A waste-basket is a great help in a nursery. Odds and ends that would otherwise litter the room find a safe place in this receptacle. Before emptying in the ash-can its contents should be carefully examined, as something of value may now and then be cast into it by injudicious and indiscriminating little hands. Wall-baskets of willow and wood are cheap, look pretty, and serve as convenient holders of picture-books, toys, and the like.

A very handy wall-decoration for a nursery consists of an oblong piece of gray linen or ducking, about thirty inches long and twenty wide. Cut pockets of various sizes to fit whisk-broom, brush, comb, etc. Bind the pockets with red braid, embroider the names of the various arti-



cles on the respective pockets, and sew them down firmly on the large piece, which should be tacked to a stiff lining and likewise bound all round with braid. Ingenious fingers will add decorations of fancy stitches and little pictures, in outline stitch, of broom, comb, brush, etc. Hang up by means of brass rings.

A pretty letter-weight may be utilized in the nursery for holding things in place that would otherwise flutter about the room, such as stray leaves of picture-books laid aside after Baby has looked his fill, or for fastening firmly little articles of baby-wear hung from the mantelpiece to become warmed by the air from the register.

Bags of rubber-cloth make very tidy receptacles for sponges. They can be bought, ready-made, for 65 cents.

A pretty splasher for a nursery wash-stand is one worked in outline stitch on white linen momie-cloth. This style, as it washes excellently, is specially adapted where little hands while being cleansed delight in dabbling about in the water, and often throw up great drops, which would prove most destructive to delicate

blue or pink-lined lace or Swiss. Always in choosing your pattern have reference to the children's taste; you will find a large assortment of pictures of child-life, notably with the Kate Greenaway figures, which never fail to please.

A very useful piece of night furniture is the



"Pyramid Food-Warmer," a combination of night-lamp and heating apparatus. A peculiar-

ly constructed glass chimney brings all the heat to bear on the bottom of the water-vessel, which is of tin, and should contain just as much water as it will hold after placing in it the porcelain panakin in which is the food required to be kept hot. A large wax-light is used for the heating. This does away with the trouble of an alcohol lamp, and more light and heat are produced than with any other similar apparatus. Pint sizes cost \$2, three-quarter pints \$1.75, and half-pints \$1.50. Another convenient nursery implement is Houchin's Alcohol Stove. The kettle rests on an iron tripod about six inches high. The whole, including the kettle, is not much larger than an ordinary nursery-lamp, and less liable to get out of order. The price is \$1.50.

For the comfort of the possessors of heating apparatus in which the heat is supplied by an alcohol lamp, be it here said that there is not the slightest danger of fire by explosion from alcohol *so long as the air finds admission into the lamp*. It will, no doubt, have been found that when the alcohol was carelessly allowed to overflow during the operation of filling the lamp, and became accidentally ignited, it burned away in a noiseless and harmless blue flame. It has the further virtue of being quite odorless.

BABY'S WARDROBE.

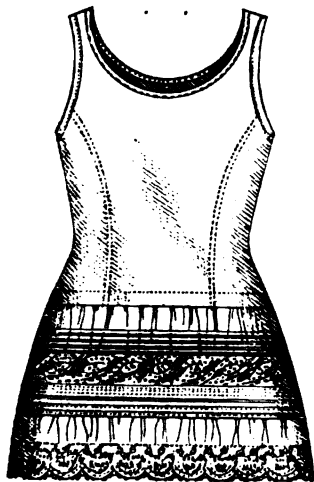
WINTER STYLES.

WOMAN'S inborn love of dainty and graceful attire displays itself very often more in the adorning of her children than of herself. In many instances the mother lavishes all her thought and the most of her "dress-money" upon her wee boys and girls; and where this is the case the picture is not an attractive one to behold, especially after the child has grown up and appears in all the bravery of lace and velvet, in notable contrast to the mother, clad in *passés* garments and "done-over" bonnets, which look as if their glory had been in the period known as the "Ark Era." Sensible women nowadays, in addition to the taste they display in selecting the trim little robes and dainty garnitures, show great judgment in their choice of dress. Simplicity, durability, and especially personal comfort, are the chief points considered even in the richest and most dressy clothing of children; so that in suggesting or creating the

models from which to choose, it seems hardly necessary to interpose a caution against the adoption of any garment or appliance which will in any wise constrain the free and natural movement of the limbs, or impede the free play of the organs upon which growth and development depend. Too often in the past, health and the general well-being of the child have been sacrificed to pleasing effects in its dress. Almost simultaneously with the coming in of the thick, solid, common-sense shoe, the adoption of warm, heavy woollen underwear—a fashion scoffed at as "weakly" in our grandmothers' time—and the emancipation from the tight-laced corset on the part of mothers, came the change in the dressing of their children. The fashions of half-hose, which but partially covered chilled little limbs, and of low-necked and short-sleeved dresses, are as wholly relics of the past as the spinning-wheel and the tallow-dip.

Just now fashion seems at a stand-still, and but few innovations in children's costumes are to

be found, probably for the reason that their styles could hardly be improved. The natty kilted skirts, with their easy-fitting bodices, are retained, and we yet see the jaunty little English coat and dress, as well as the *négligé* blouse, worn with a separate skirt. The little Jersey costumes, also made of the warm and wear-defying stockinette cloth, have lost none of their first prestige; neither are they likely soon to lose it, as they stand all sorts of severe usage without looking the worse for it as long as there is an atom of the fabric left. The woven goods, being all wool, if they become spotted or in any way soiled, bear most satisfactorily the test of the laundry, and come up once and again almost as fresh and bright in appearance as when new. An acquaintance has just been making her plump little three-year-old some underskirts purposely shaped to wear with its Jersey dresses—some of shaker flannel, tucked around the bottom and slightly embroidered; a few made of white percale, with a deep hem and a cluster of fine tucks above; and two, for "best," with insertion and an embroidered ruffle as a finish. These skirts, cut as is shown in the illustration,



fit the little form nicely and make no ungraceful fold or wrinkle beneath the trim Jersey dress waist. They are also more warm and comfortable, and keep in place far better, than the skirt with a band holding its half-dozen buttons fastened here and there around the waist. These are especially convenient for very young children; for when once these little kings and queens of babyhood get into short clothes and begin

to make their own way in the world, the well-secured waist is really necessary, or the restless little mortals will creep entirely out of their clothes.

Very few mothers dress their children in white at this season after they have come to be short-coated. The fabrics most generally chosen are fine cashmeres, softly-twilled flannels, camel's-hair serge, pelisse cloth, and checked and dotted goods of various kinds in all wool. Dark Neapolitan cardinal and marine blue remain the most popular colors for dresses for every-day wear, these standard hues always showing in pretty contrast to the inevitable long-sleeved white apron which almost completely shields the dress beneath. For dressy wear for little girls cunning little Greenaway slips are shown in the shops which make a specialty of children's attire. These are worn over *guimpes* of a contrasting color. Of course the slip has neither sleeves nor high neck—merely a band over the shoulders, upon which is gathered, or plaited, the full skirt. Some of these little suits are extremely pretty; for instance, a doe-colored French cashmere, polka-dotted with cardinal, over a finely-tucked *guimpe* of plain cardinal surah. Added to the suit is a second *guimpe* of dark-red cashmere, to be worn in place of the silk one upon less dressy occasions. In more elegant designs we were shown an imported model which had a plaited skirt of marine blue, dotted with ruby figures. The coat was of plain blue with revers, Van Dyke collar, and deep cuffs of ruby velvet. One of the prettiest designs in velveteen that we have noted was of a golden-brown shade, the box-plaited skirt edged with *écru* Irish point turned up as a facing. The long, straight coat, sailor collar, and cuffs were also trimmed with the lace turned back on the fabric. The *Molière* vest of golden-brown surah, dotted with *écru*, was held down with a velvet belt and bronze buckle. Another handsome suit had a cashmere skirt of pale pink in box-plaits, bordered with three rows of inch-wide wine-colored velvet ribbon; the cut-away jacket of cashmere was similarly trimmed, and the plaited silk vest in front was strapped across with velvet bands and fastened with tiny steel buckles.

In cloaks and wraps there are no decided novelties. The Mother Hubbard still retains its hold on the preference of ladies of taste. Close sacque shapes are also much used. These have many points of excellence, as they fit the form more closely, and are in this particular a great protection. Cashmere, ottoman, and plaited and striped woollens are the leading materials.

People who care nothing for expense choose costly baby cloaks made of pink, baby-blue, or cardinal satin brocade, warmly lined, and trimmed with narrow bands of fur. A leading fur house is discussing the propriety of producing fur-lined circulars for babies. These would find ready purchasers, no doubt. A lady, upon hearing of this, remarked that "this would make true the saying in the old nursery song :

" 'Bye baby-bunting, daddy's gone a-hunting
To get a little rabbit-skin to wrap our baby-bunting in.' "

The mother of the three-year-old above mentioned finished, a few weeks ago, a little wrap which she made from a simple yet graceful pattern sent out by a well-known designer in this city. The illustration (from Butterick) shows the model, front and back view. Fancy basket-cloth in fine "heather" mixtures was the fabric employed, and the collar, pocket-flaps, and cuffs were made of dark garnet plush. The cloak



material was forty-eight inches wide, and one yard and a quarter made the wrap. Half-a-yard of plush was used as trimming, and two yards and a half of garnet satin ribbon for the bows and ends. The collar, cuffs, and kilts were lined with serge, and the other parts of the coat with dark garnet cotton flannel. A little Glengarry cap of plush with adjustable ear-laps completed the suit, which was a suit entire ; for the little dress worn beneath was made of basket-cloth to match, simply modelled in princess shape, and trimmed with rows of narrow worsted braid upon the collar, sleeves, and skirt.

MISCELLANEOUS HINTS.

A CROCHETED dress for a little girl is a novelty. To construct it first cut out a pattern in paper. Then begin at the centre of the back on a chain of stitches having the requisite length of the dress. Crochet up and

down in half-stitch, catching up only the back half of the stitches in the preceding row, which gives the work a pretty, ribbed appearance. The dress may be worked all around in one piece, leaving only the shoulders open. When these are joined crochet a little edging around the neck. Sleeves to match and a narrow ruffle at the bottom complete this serviceable little garment. Made sleeveless and square in the neck, it may be worn over a *guimpe* of white muslin.

Remnants of embroideries exhibited on counters possess a fascination for the mother's eye. Baby needs a collar ; that three-quarters of a yard will just make a nice little "Mother Hubbard." Turn over the corners—taking care to match the pattern—cut away the double piece that remains at the back, gather the top into a band that will fit the neck, and the collar is completed at a trifling cost.

Fine woollen underwear for children is very expensive. The fond mother who cannot bear the idea of putting a coarsely-woven texture or roughly-finished seams next to the soft, rosy flesh of her darling, yet whose purse will scarcely permit of her indulging in the luxury of the finest "regular" made for children, will find she can economize very greatly by herself making the needful little garments of fine white flannel. Shrink the flannel before cutting. Use a woven garment for a pattern, and avoid seams as much as possible ; shoulder and arm-hole seams, for instance, can be quite done away with by folding the flannel across the top, and cutting out a small circle for the neck and a slit in front to allow sufficient room for putting on. Separate the edges of all the seams and flatten down with cat-stitches of linen floss ; face the slit with white silk or cambric ; bind the neck, sleeves, and bottom with white lute-string ribbon ; decorate with cat-stitches. You will then have as dainty and serviceable a little garment as need be.

Children's stockings usually begin to wear out at the knee while still comparatively new. It is a good plan to underlay the worn part with a sufficiently large piece of an old stocking of the same color. Use fine sewing-silk to darn the parts together, and, if neatly done, the fact that any repairs have been made will scarcely be evident.

The subject of the wear and tear of her children's sleeves is a serious matter to the woman whose time is limited ; one pair wears out usually before

the rest of the garment is at all worn. Some mothers have adopted the plan of making two pairs of sleeves when the dress is made. The pair which is to be laid aside for future use is a size larger than the other. It is a good plan to make the sleeves of gingham aprons and of seersucker dresses an inch and a half or two inches longer than is at first needed, in order to allow for shrinkage, this extra length being turned in at the top, so that it serves as a double facing around the arm-hole. If the sleeve is sewed in by hand, instead of by machine, it will be a very simple matter to lengthen it when necessary.

A handsome spring wrap for the baby's carriage is made of the soft, white woollen cloth that is now so frequently used for tidies, with bright figures stamped upon it. These figures are for this purpose almost as pretty as if embroidered. The corners may be ornamented by putting triangular pieces of silk over them. Bind the wrap with ribbon and trim the edge with lace. Another very delicate covering for a very little baby—too young to soil it with his hands—is made of the finest white flannel, with a design worked in outline-stitch in the centre. It is finished off with a crocheted lace of Saxony yarn.

CROCHETED SACQUE FOR AN INFANT IN NEIGE STITCH.

THE neige stitch is a modification of the stitch commonly known as rose or star stitch.

For a sample make a foundation chain of an even number of stitches. At the end of this chain make three extra chain-stitches, to be used in forming the first rose or star. Then bring the wool through the front part of the first of these extra stitches in a loop; now make another loop in the back part of the same stitch. Bring the wool over the hook; insert the hook into the nearest stitch of the foundation chain, and draw the wool through in a loop; repeat this with the next stitch of the foundation chain. You will have now six loops on the crochet-hook. Draw the wool through these six loops and fasten with one single chain-stitch. This completes the first star.

For the next star make two loops, one in the front and the other in the back part of the last-made loop of the first star; bring the wool over the hook; then draw the wool in a loop through each of the next two foundation stitches. You have now again six loops on the hook; draw the wool through these and fasten as before. Work all the stars of this row like the second one.

When the end star is reached the wool is not broken as in the ordinary star-stitch, but you simply make two rather long chain-stitches, and then turn the work around preparatory to beginning the second row of stars. In raising the loops always take that part of the chain-stitch which is next to you. This produces with the



constant turning of the work a pretty, ribbed effect in the pattern.

The sacque pattern given here is intended for an infant three or four months old. The sacque is begun at the bottom and worked in one open piece, narrowing under each arm to shape it. The quantity of material needed is four full ounces of three-ply Saxony—three of a creamy white and one of pink. Use a bone hook, No. 3. Two yards of pink ribbon are required. Begin the sacque by making a foundation chain of one hundred and sixty-six stitches (not including the three extra chain-stitches at the end), which is equivalent to eighty-three stars. Make seven rows of stars before beginning to narrow. In the eighth, tenth, twelfth, and fourteenth rows narrow by skipping the twenty-second star from either edge. This produces the slope under each arm-hole, which is necessary to give the proper proportions.

Set off twenty-one stars for each side of the front, and upon these crochet eleven rows, dropping two stars in the ninth, tenth, and eleventh rows to form the shape of the shoulders.

To form the back take up the remaining stars (thirty-three) and crochet upon them eleven rows, dropping four stars in the *centre* of the ninth, the tenth, and the eleventh rows to form the shape of the neck. Now join the shoulder-seams on the wrong side of the sacque, crocheting in close stitches. Take up the pink wool and work entirely round the edge of the sacque, except the neck, a close row of treble stitches. Then add a row of loops, of about eight chain-stitches, catching down at every third treble.

The collar is very simple. Add to the neck of the sacque a row of trebles with the white wool, spacing them every two stitches. This will make the little holes for running the ribbon through to draw the neck of the sacque in shape.

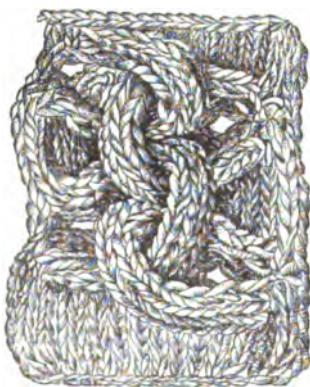
Next add a row of trebles in white and then one in pink, and lastly the chain loops, as around the edge of the sacque. The last two rows of trebles in the collar are worked rather close.

The sleeves are worked in one open piece, then joined by sewing together, and finally they are sewed into the arm-holes. For each sleeve make a chain of forty-seven stitches, which equals twenty-two stars. Work nine plain rows of stars. In the tenth, twelfth, fourteenth, and sixteenth rows drop one star to form the shape of the sleeve at the elbow. There are sixteen rows of stars in the length of the sleeve. To the lower edge of the sleeve add a treble and loop edge in pink as worked for the rest of the sacque. Add the ribbon to the sleeve, as shown in the illustration.

CORA MEREDITH BLYTHE.

KNITTED STRIPE FOR BABY'S AFGHAN.

USE two medium-sized rubber pins and Berlin wool. For one stripe cast on eighteen stitches. Slip first stitch, knit across plain. Next row, slip first stitch, purl across. Repeat these



two rows alternately until you have in all six rows. Next row, knit the first two stitches and the next five; now, without removing the other stitches of this row, turn and purl upon the previous set

of five knit stitches. Continue backward and forward; that is, alternately purling and knitting the rows until you have sixteen rows in all. These produce the long chain or loop-part as shown in the illustration. The last or sixteenth row of the chain is purled. Now purl the next two stitches, which are the two knit stitches made before beginning the chain or loop. This will complete the row. Now knit the first two stitches of the next row; then take a piece of the same Berlin that you are knitting with, and tie the first stitch of the first chain of five stitches down close beside the last knitted stitch. Cut the ends of the knot off neatly, and it will scarcely be visible. This prevents the openings from stretching into large holes; still, if you desire an open-work effect, it will be unnecessary to secure the stitches. Next knit the rest of this row plain until but seven stitches remain. Knit the first five stitches of the seven and leave the remaining two stitches on the needle; turn and purl five stitches upon the previous five knitted ones; so alternate until you have sixteen rows in all. This is to make the left-hand chain or loop. The sixteenth row is purled. Now slip this row of five stitches entirely off the left-hand needle, and pass them together with the ball of Berlin through the right-hand chain, thus bringing them out, of course, on the right-hand side. Now place the five stitches back on the left-hand needle, and proceed to knit off plain to the end of the row. Purl next row across. Knit next row across; so alternate until you have made six rows. Then the second right-hand chain is begun, which is to be drawn through the left-hand loop, bringing it out on the left-hand side. The alternation of the interlinked chains will produce the effect shown in the illustration.

C. M. B.

KNITTED BATH BLANKET.

A VERY useful and neat bath blanket can be made for a baby by knitting in plain rows or garter-stitch. Cast on from one hundred and fifty to two hundred stitches for the length, and make enough rows to give a square blanket. Three to five ounces of heavy, soft wool make a good size, working on long, loose needles, say No. 12. To the edge of the blanket may be added a row of scallops. This blanket is also handy to throw around a baby when passing through the halls or from room to room.

C. M. B.



NURSERY PROBLEMS.

BABYHOOD cordially invites communications upon questions of infants' clothing, diet, exercise—on whatever pertains to the regimen of the nursery. Queries on these points will be carefully noted and answered. All communications should be addressed to the Editor.

FASTIDIOUS CHILDREN.

To the Editor of BABYHOOD :

I have inherited from my parents a belief in discipline in the matter of eating as an important part of a child's education. "Children must eat everything and anything that is put on the table," was the strict rule in the days of my childhood; and, in spite of many a silent tear at the sight of a certain batter cake which I cannot yet recall without a gentle shudder, the rule worked well enough in my own case. But I must confess I find it difficult to adhere to it in the case of my children. My little five year-old George, who, being somewhat delicate, ought to eat as much meat as possible, is by preference a confirmed vegetarian. He abominates lamb-chops and beefsteak as much as he adores oatmeal and potatoes; *while his three-year-old sister, Margaret, who is a hearty eater of most good things, has for some reason conceived a dislike to butter and cream which no argument, and even threat, can overcome. I don't wish to be tyrannical, and am willing to make reasonable allowance for individual taste in eating as in other matters; but beef and butter are important articles of diet, and if my children's dislike is a mere whim which strict discipline can overcome I am willing to resort to discipline. My physician is inclined to recommend it, although he does not express himself with positiveness, and treats the matter rather lightly. Thinking that the case may possibly be of general interest, I submit it to *BABYHOOD*.

NEW JERSEY.

T. G.

There are few more disagreeable minor nuisances in society than people who are over-fastidious in the matter of diet. Your inheritance of an ability to eat all kinds of (wholesome) food is more valuable than you suspect. It is not well to force a child to eat what he honestly loathes. The opposite mistake is to pamper his whims until you can hardly find enough to keep him from starvation on a table bountifully supplied with proper dishes. Americans depend too much upon flesh-pots, yet a single meal daily at which meat

is served is almost a necessity if one would have sturdy growth of health and strength; unless, indeed, a liberal supply of milk and eggs be deemed a sufficient substitute for meat. Coax and tempt your boy to overcome his idiosyncrasy. Distaste for meat is not uncommon, although hardly so frequent as is the disposition to eat meat heartily to the exclusion of vegetables and cereals. Begin with insisting that a small piece of juicy meat shall be slowly masticated and swallowed before a coveted dainty is given.

The three-year-old's aversion to butter and cream is of less consequence. She can live and thrive to a good old age without using either, although the probability is that the distaste will cease when she grows older.

"WALKING" BABY TO SLEEP.

To the Editor of BABYHOOD :

"Don't rock Baby to sleep, and don't walk with him," are, I am convinced, very sound precepts; but, together with thousands of mothers, I have not followed them with the first born, and I am afraid, now that I am the happy possessor of a three-month-old second, I shall not be able to follow them either. The doctor scolds when he finds me rocking my little one, and says children will fall asleep without being rocked or "walked," if they are never taught the habit; but I ask *BABYHOOD*, Are there really mothers who never resort to rocking and walking, no matter how restless Baby is, and, if so, what do they do to quiet him? V. P.

LANCASTER, PA.

Your query is set down in the editorial notebook as the text for a "Familiar Talk" to be given before long. For the present take as a general truth for individual application the assertion that a healthy child should never be *walked* to sleep.

WHAT SHALL BABY EAT?

To the Editor of BABYHOOD :

Can you, through the columns of your excellent magazine, give me some practical hints or advice as to the kind of food best adapted to children who are nearly through dentition, and who seem to crave stronger nourishment than milk. Is there not danger, especially where a child has not yet cut its stomach teeth, that the habit which so many mothers have of giving their children anything that they see on the dinner table may sow the seeds of chronic dyspepsia?

W. H.

NEW YORK.

We shall later, and we hope before very long, give some extended articles on the diet of infants. Our answer, therefore, will be for the present brief. The "craving for stronger nourishment" may be natural, but we suspect it is imitative. The child should not be allowed at the dinner-table at all. If the means of the family do not permit of a nurse, and it is necessary to have the child in the dining-room during meals, then it ought to be fed before the adults are served. If it is old enough to feed itself, let it have a feeding-table before its chair so that its attention is not drawn to what others eat. Imitation, especially of other children, is the root of the mischief in the great majority of cases. If these directions be carefully followed, milk and cereals, with perhaps an occasional egg or mealy, mashed potato, will be a sufficiently good diet. It is a common error to suppose that animal food necessarily means flesh food. The jest recently current in the papers of a man who ascribed his good health to his having lived "entirely upon vegetable food—milk and eggs," was only a little more ludicrous than the confusion that exists in many minds on this subject.

A COLD BEDROOM.

To the Editor of BABYHOOD :

Can you tell me what is the proper temperature for a child's bedroom? In day time I manage to keep the temperature of the nursery (which is heated by a stove) at about seventy degrees, but at night my two little girls are kept in my bedroom, which is never heated, and during the recent cold weather the poor things could scarcely be kept warm under a pile of blankets. And yet my husband objects to a heated bedroom under all circumstances. I submit, but have my doubts. Seventy or even sixty degrees may be too warm for a bedroom, but isn't forty too cold for two little babes?

M. T.

CHICAGO.

The proper temperature for a child's bedroom cannot be set exactly in degrees, because in our

judgment it should bear a tolerably fixed relation to the temperature of the day-room to which the child is accustomed. So far as our experience goes, in the city the day nursery is more frequently too warm than too cold, at least for children who are able to keep warm at play. In the country, on the contrary, the fault is usually that the temperature is very uneven at different times and in different parts of the room—too hot near the stove, too cold near the windows—and the inequality moreover gives rise to draughts. Now, it seems safer that the bedroom should be not very much colder than the day-room. The exact degree of temperature may be higher for a feeble child than for a strong one. The temperature should be one, moreover, that can be pretty certainly maintained through the night. For both too much and too little heat make children (as well as adults) restless, and they are likely to become uncovered unless the bed-clothing is securely fastened by tapes or safety-pins; and the exposure of the body to air that has become chilled is certainly hazardous. It is of no use to heat the bedroom at evening if it is to be chilled from 70° to 40 before morning. To answer the question specifically, if the children are accustomed to 70° F. by day the bedroom should be as warm as 60° F. If they are comfortable below 70° F. by day they will probably be comfortable at night in a correspondingly lower temperature, if the clothing be well secured. We would suggest that, if it be necessary for the children to sleep in the mother's bedroom, the father might take himself and his views on cold bedrooms to another apartment.

To the Editor of BABYHOOD :

We three neighbors, young mothers all of us, have held a long talk this evening over Nos. 1 and 2 of your magazine. Thanking you for these lamps to our feet, we respectfully crave, like Goethe, "more light." Each of us has a query, suggested by her own experience. May we hope for patient hearing and kindly reply?

MILWAUKEE, WIS.

THE TRIO.

OUGHT THE NURSE TO INFLICT PUNISHMENT?

No. 1. What is to be done when a nurse who is attentive, affectionate, neat, and in the main pleasant-tempered, usurps, in the mother's absence, her prerogative of punishing the children? She is never cruel, nor does she conceal that she slaps the children's hands or shuts them up in the closet when they are naughty. She says "all nurses do the same, only they do not confess it."

The only persons who have a right to inflict corporal punishment are children's parents or legal guardians. Say to your candid maid that this law is absolute in your nursery. To delegate the painful duty of chastisement to an undisciplined servant is a most unwise proceeding. The closet imprisonment is fully as bad as corporal punishment. Children have lost their wits from terror when shut up in a dark room. Your nurse is willing to take the risk, but the consequences really fall upon you and your babies.

CUTTING TEETH.

No. 2. Is it better for a child to cut his teeth on an ivory or a rubber ring? My grandmother recommends the handle of a silver spoon.

Another grandmother says her nine children cut their teeth on her forefinger. Perhaps this would be better than any of the objects you name. But since the modern mother cannot spare her index digit for this purpose, give the preference to rubber above ivory. It yields slightly to the pressure of the gums, while the friction allays the itching (which is the specific use of the ring) without hurting or hardening them. Nor will it bruise the flesh should the child strike himself in the face or fall upon it.

A PRECOCIOUS CHILD.

No. 3. My three-year-and-a-half-old girl had a Christmas present of a box of letter blocks and a copy of "Reading without Tears." She is very bright, and to-day learned the first six letters of the alphabet in twenty five minutes. Should I resist the temptation to continue teaching her?

The misgiving that leads you to write "temptation" is a good sign. Hide the bright baby's blocks until she forgets the half-dozen letters. A healthy child's mind should lie fallow, so far as alphabet and books are concerned, until five years old. Delicate and nervous children may be thus neglected until the age of six or seven without danger of duncehood.

BABY-POWDER.

To the Editor of BABYHOOD :

Is "Baby-powder" injurious to a child's skin? Everybody uses it in the nursery, yet it would seem that it must choke the pores. I know that such applications will, in time, make grown people's complexions coarse and muddy. CAREFUL.

SPRINGFIELD, MASS.

Powder on the general surface—which can be easily dried completely with a towel—is not needful, but rather objectionable, as clogging

the pores while it remains there. But many places, folds of skin, etc., cannot be, or at least are not, properly dried; and the use of the powder in such places is a less evil than leaving moisture, which is likely to irritate where the surfaces are opposite, especially in children of irritable skin. Confined perspiration increases the moisture, and in this case the powder is probably really useful. Of course an entirely bland powder, free from deleterious ingredients, is assumed. But we may repeat, if pains are taken that the folds of skin are thoroughly cleansed and dried, the powder will very rarely, if ever, be needed.

TALKING IN SLEEP.

To the Editor of BABYHOOD :

I have a little boy, three years of age, who has the habit of talking in his sleep. He does not seem to be troubled with nightmares, for he very rarely shrieks; but he often talks quite loudly, and generally "grinds his teeth." Some months ago I mentioned the matter to a physician, who thought it might be nervousness, and believed it would soon pass away. One of my neighbors thinks his restlessness at night may be caused by worms. It is for various reasons not easy for me to send for a physician, the nearest being several miles distant. Can BABYHOOD suggest a remedy, or at least a cause, for the trouble mentioned?

IOWA.

Perfect health in children is generally accompanied by perfect sleep. Some kinds of broken sleep are very suggestive of certain ailments; but this is not true of all. The symptoms described in the inquiry are not very distinctive. The age of the child makes it probable that all irritation from the teeth is past. The fact that the sleep-talking is already a habit excludes the idea that it is indicative of the approach of any acute disease. The cause, then, is probably something chronic or persistent in its nature. Of this sort there are a great many, and the exact one can often only be discovered by careful inquiry into the details of the child's regimen. A child may be made restless or talkative in sleep by any of the causes which produce similar conditions or only dreams in adults, and a dream may be very disturbing to a child without reaching the terror of a nightmare. Among these common causes we may mention difficult or painful digestion due to errors either as to the kind of food or as to the time of its administration, discomfort from an overheated sleeping apartment or too much covering, or to the reverse conditions. Any form of mental excitement during the day,

and especially in the latter part of the day, has a similar effect. There are a multitude of other little details that need to be looked to before the cause can be positively ascertained.

As to the importance of worms as a cause of the symptoms described and of many others, popular belief is far more closely in agreement than the opinions of medical men. Without pretending to settle a vexed question, we may give what we think a fair statement of the matter. The frequency of worms varies greatly in different localities; and apparently there is a similar difference in the severity of the affections caused by their presence. The particular worms most common in children are the "thread," or "pin," worm and the larger lumbricoid, or "round" worm. The local irritation from the former is very evident, and it often prevents as well as disturbs sleep; but remoter and general disturbances are rarely attributed to this kind of worm. Its presence can usually be determined by careful ocular inspection. It is the "round-worm" that plays such a great part in popular pathology. Now, while it is doubtless the fact that the presence of this worm in the intestine does often

cause general disturbance, it is certain that it does so far less frequently than is commonly supposed. It is very often present without any particular disturbance of health being noticed; and it may be said that, of all the so-called symptoms of worms, there is not one that may not be due to some other cause. Even when ocular inspection has established the presence of the worms it may be that they are not the cause of the symptoms attributed to them, and treatment beyond the removal of the parasites may be necessary. This symptom of disturbed sleep, with "grinding of the teeth," is probably one of the most constant with children suffering from lumbricoids; but it may also be constant in any chronic disturbance of the bowels; and a physician may really consider the presence of the worms only a coincidence or a complication of the bowel troubles, while the nurse is sure that it is at the root of the whole matter. It is therefore inadvisable to give a child "worm-lozenges" or the like without the distinct opinion of a physician, who can also advise as to the treatment of co-existing troubles which may persist even if the worms be discharged.

NURSERY PASTIMES.

ONE would hardly imagine that the manufacture of letter-blocks could offer a tempting field to inventors; yet every little while some novelty makes its appearance, the maker of each new design believing that his particular blocks will catch either the infantile or the parental eye. Well, every child in due course of time is certain to get his letter-blocks, and many a tiny babe, innocent of A B C or of *xebec* and *xylophone*, has flung away more than one set of them. What does become of all the letter-blocks? Enough are turned out every year to build a pyramid or pave the streets of New York, and yet no one will pretend to say that the ground is covered with them any more than with pins or marbles. We hardly venture to presume that housemaids are guilty of using letter-blocks for kindling wood, and shall have to give up the solution of the problem in order to speak of two novelties in the way of these alphabet teachers. The first is a miniature book-case with twenty-four showy volumes on three little shelves. The backs of the tiny wooden volumes are numbered with Roman characters and marked with the letters of the alphabet (Vol. XXIV. has X, Y,

Z), and between the number and the letter are several words beginning with the particular letter. The child is delighted on drawing out the little volumes to find the sides gorgeously adorned with all manner of colored pictures, representing objects the names of which begin with the letter printed on the back. The edges are covered with gold paper. The books are about three inches high, somewhat wider, and about three-fourths of an inch thick. The set with the case sells for \$1.19. The second novelty is a spelling-guide in the form of an album, which is arranged with cells containing blocks handsomely illustrated with numerals, letters, and object-work.

Speaking of letter-blocks, would it not be an act of inestimable charity if some one were to invent some modest little word that might be put beside the letter X on blocks and in toy-books to take the place of the awful *xylophone* and *xiantho*? How many millions of mothers, starting their unfledged offspring on the path of learning, break down when the fatal letter is reached! And then the hypocrisy of trying to

make little children believe that *Ox* stands for *X*. If the manufacturers of letter-blocks and toy-books can get no satisfaction from Webster and Worcester, it is time for them to offer a prize for some homely invention that "will stand for *X*." All mothers will be grateful to them.

The Nursery Coach is the name of a novel kind of vehicle, a model of which has come to us from Wilkesbarre, Pa. It is a square-built baby-wagon, upholstered and padded all round on the inside, and also upholstered on the outside so as to keep the infant from being bruised, or the furniture in the room from being scratched.



It makes a safe and warm receptacle for Baby to be lodged in while mamma is busy with her household duties, when otherwise he might have to be deposited on the cold, hard floor; and he can be ridden about the nursery in it or up and down the porch, or may amuse himself by drawing or pushing it. The handle is so adjusted that it can be drawn round and firmly secured under the body of the wagon, which is transformed into a



rocker or sled. In this form the Nursery Coach will also serve as a swing, which can be hung in any convenient doorway by means of the adjustable cords that are provided. We would suggest, if the little vehicle is intended to be dragged about on the snow, that the upper edges of the handle (that is, the lower edges when the handle is turned down) be neatly shod with steel or, better still, brass runners. For this purpose, too, we think the handle-arms should be made thicker vertically. The price is \$5.

"JOHN CHINAMAN."

BABY loves to revel in bright colors. We shall delight his eyes by making him a "John Chinaman." The materials required are white Canton flannel, scarlet worsted, cotton-batting, black worsted, small gilt bells, some odds and ends of embroidery silk, yellow Canton flannel for shoes, and strips of red, purple, green, pink, blue, and maize-colored cashmere, silk, or ribbon to be used for his ornamentation. White Canton flannel is striking by way of contrast, but it takes kindly to dirt; pale brown would therefore be found more appropriate.

A paper pattern is first cut of a well-shaped rag-doll with apparently spreading skirts, the widest part to measure eight inches across. Feet and ankles descend for about two inches below the skirt, and the feet are decidedly chunky. The arms are gracefully rounded at the ends in place of hands. The length of the entire figure, from the top of the head to the heel, is thirteen and a half inches; and these measurements allow for seams.

Two of these figures are then cut out of the Canton flannel and stitched together on the wrong side, leaving the upper part of the head open for stuffing. Cotton-batting is used, because a soft, light doll is wanted for a young baby; although older children also delight in this plaything. It is loosely stuffed, so as to look rather flat; and after sewing up the head the entire edge all around is buttonholed, not at all closely, with scarlet worsted. This covers the seam and at once imparts an air of gorgeousness. The shoes come next, and they should be cut just the shape of the foot, in two pieces. After sewing and turning, finish around the top, when on the foot, with black or purple worsted in feather-stitch. The pig-tail, which is the special delight of infants, small and large, is braided in three strands, each containing two lengths of black zephyr. It is tied at the end with scarlet, blue, or yellow. The head is further ornamented with a cap, cut in two boat-shaped pieces from cashmere or flannel of almost any bright color; these are sewed together and turned. The lower edge is fastened to the head with feather-stitch in embroidery silk. The scarf, which passes over one shoulder and is crossed at the opposite side, being long enough for respectable ends, is also made of cashmere or flannel of a color contrasting well with that of the cap, and buttonholed all around with silk. Each end is drawn together and finished with a small gilt bell. There is another bell at

the top of the cap, which is also drawn together, and one at each side of the cap, also one at each end of the skirt. Two or three rows of gay cashmere, ribbon, or worsted braid will adorn the skirt. Then a hieroglyphic, to imitate the shape of the letters on tea-chests, can be worked in a few loose stitches on the white expanse of chest not covered by the scarf; and, lastly, the features should be painted with black ink.

When properly made a John Chinaman is really a gorgeous affair; and it is no exaggeration to say that the children, where there are two or three of them to one John, will all cry for it.

E. R. C.

WINTER GARDENING.

THE MUD SYSTEM OF SLIPPING PLANTS.

A CHILD of five years can cut off a slip from a geranium, verbena, heliotrope, carnation, fuchsia, or even a rosebush, taking care that the slip is made from the young or green shoot; and in a plate or saucer filled with wet sand it will root just as quickly and as well



as if put in by the hands of a gardener—provided care is taken that the sand in the saucer is kept wet by adding a little water to it each day until the slips show the small roots. The slip should be cut in the way shown in the

drawing, taking it off either between or below the joints. The saucer holding the slips should be placed in some sunny window where it is warm enough for a little child. Nearly all kinds of slips can be rooted at any time of the year; but some, such as the coleus, salvias, and various

plants called "warm-blooded," had better not be slipped until the warm weather comes in May.

The slips will begin to show the little roots in from two to three weeks after being put in the saucers. They should then be potted in little pots about two inches deep, which the gardeners call thumb-pots. The slips should be potted in rich, soft mould, which can be procured from any florist. Good garden earth will also do, only it must not be wet and sticky. If it can



only be got in a very wet condition, dry stove-ashes may be mixed with it.

When the slips are to be potted, first fill the little flower-pot full of earth, then with the forefinger make a hole in the centre big enough to put the roots in. Gently press the earth all around the roots, making it level and smooth on the top; then with a watering-pot sprinkle slightly the slips, now plants. Every other day they will require watering until they begin to put little white roots to the edge of the pot, which can be seen by giving the pot a tap on the table, and turning the contents out just like jelly from a glass. After the soil in the little pots gets filled with roots, which will be in four or five weeks from the time the slips were placed in them, it will be well to transplant into pots three or four inches deep. By May the slips that were put in the saucers to root in February or March will have made plants large enough to set out in the open garden, and by midsummer will be fine bushes covered with blossoms.

NURSERY WHEAT-FIELDS.

Here is another simple and pretty way of having in the winter a growing garden to amuse and gladden the little ones. Cut a circle of cardboard, about three and a half inches in diameter, and lay it in water to soak for a quarter of an hour. When sufficiently softened take it out and carefully fit it into a china saucer, smoothing it out well with the fingers and the bowl of a teaspoon, until all blisters have been removed.

Lift it off with care and allow it to dry, after which give it one or two coats of shellac. Now cut a hole about half-an-inch in diameter in the centre, and place the little cardboard saucer on top of a wine-glass. Cut a strip of common blotting-paper as wide as the distance from the bottom of the wine-glass to a point a little above the hole in the saucer. Of this construct a roll of sufficient thickness to fit tightly into the hole of the saucer, and fasten it there with sealing wax.

Sift a little half-moist garden mould and half-fill the saucer; plant an even layer of grains of wheat, cover thinly with mould, then put in another layer of wheat, cover with mould to the top, and smooth off the whole. Now pour water into the wine-glass and place the little bed on top, when the water will soak through the stem of blotting-paper and thoroughly moisten the mould. A pretty change is to plant cresses in

the centre. These are sown only in the upper layer, hence the corresponding space in the one beneath must be left unplanted with the wheat-grains. In a few days the cresses will begin to bloom, and soon after the bright shoots of wheat rear up their tiny heads. Never allow the water to diminish in the wine-glass, and you will keep your little cardboard bed of flowers in constant bloom.

As an improvement on the wine-glass you can substitute a pretty little vase, or whatever your taste suggests. Several of these little green-beds blooming together prove a most attractive sight.



NURSERY LITERATURE.

MOTHERS IN COUNCIL.

THIS is the happy title of a little book recently published by Harper & Brothers. It is the record of the meetings of a Mothers' Club, formed, in the first place, for reading books upon the management of children, and grown into meetings for original papers and discussions. The papers are on such every-day subjects as obedience, bathing, amusements, books, early education, the use of sugar, manners, truthfulness, and formation of character. The members of the club represent the differences of thought and feeling on all points which are found in any assemblage of intelligent women. One believes that "blind obedience should never be demanded of children, because it banishes all originality of spirit"; another, that "it is just this sort of obedience that we must insist upon, for it is often in emergencies that obedience is of vital importance, and there is no time for argument or the presentation of reasons."

In the discussion of amusements and occupations one mother suggests that every child should spend half-an-hour every day entirely alone, without occupation; while another thinks that such treatment has a tendency to create morbid feelings. The questions of summer occupations for children and taking them to church are discussed. There is a difference of

opinion in the club as to whether children should read fairy-tales and allegories or not. One mother maintains that these should be forbidden, because they are not true; another, that the lack of them produces a one-sided culture.

One essay is upon "The Hurry of our Lives," suggesting an endeavor after system and method, the careful planning of every day's work, and, above all, keeping standards within the limits of reasonable possibility; adding: "Leave spaces for rest; cut off the unnecessary calls, the formal acquaintances; set a limit to your devotion to husband and children, and keep your plan within, well within, the bounds of possibility—often indicated by weak health and impaired energy."

"The Tranquil Life" claims one chapter. "I would like to be told," says one lady, "how a body can help being in a hurry when she must be ready for breakfast at seven every morning?" The writer goes on to suggest that an early breakfast means a long morning, and that a late one is a cause of hurry. "Do we not find," she says, "that schemes that we have been prevented from attending to to-day can, in all probability, be more effectually carried out next week?" She speaks of the late Dr. Bellows, and his habit of instantly responding to emergencies, quoting from Mr. Hale's funeral sermon upon him: "The first, second, and last requisite of the greatest man is, that he do his

duty. The distinction of duties is but superficial and a matter of detail. The entire principle is the same, even if the man be at the momentous work of shovelling snow or shoeing a horse. Let him carry to that effort the steady, underlying determination to do this work as an angel of God might do it, and, as Herbert says, the meanest work becomes divine." "Do we not," says one of the club, "set our minds too much upon certain duties that we think *must* be performed at certain fixed hours, and feel that time is lost if it is not used in exactly the manner that we have planned for it?" "We should cultivate an abounding charity for ourselves," says another. "She has achieved a great feat," adds a third, "who is able to make a proper selection of work for each day when it crowds upon us as it does; but when this has been done we gain much strength and repose by keeping to that order without reflecting upon things undone." (This suggests an inspiring paragraph from an excellent book for girls, Mrs. Luxton's "New House that Jack Built": "I laid out a certain plan of work for the day—good hard work, too—and I fretted myself to death if I hadn't carried it all through by the evening. But one day, when I was grumbling to old Parson Venn about never being able to go through *all* my work in the day, he said: 'That is because you forget to leave *margins*. You plan out your own work, but how about God's work that he may send you?' And when I thought about it I found that he was quite right, and when I called the little interruptions 'God's work' they no longer worried me at all!")

A paper on the early education of children suggests that at the age of five they shall be drilled in some manner for about five minutes a day for the sake of cultivating the habit of mental concentration—"committing poetry to memory, or listening to reading, about which questions are to be asked to be sure that the child is not dreaming, but actually listening." "Let the plays and toys," she adds, "be so chosen as to teach something useful. A baby-house to be kept in order may teach housekeeping in a small way, and a box of tools will make a boy a useful member of the family instead of a torment or a tease."

A paper on "Putting Things in their Right Places" says: "How many times attending to the little wishes and complaints of a child is postponed for the sake of putting in the last stitch, which is usually done just as the patience of mother and child is worn out!" Crying, or what we call "naughtiness" (in both mamma and baby), is the result; and when peace is finally restored we almost own that those last stitches have been put in the wrong place, and that to-morrow morning would have been a better time for them than this afternoon.

Two good rules are given in the chapter on politeness: the first, that the mother should herself be what she would have her children become; and the second, that she should instil into them from babyhood the principles of kindness and politeness by always encouraging little acts of unselfishness. The essay on accuracy says: "Much tact is necessary on the part of the parent to make the child truthful. If approached in a threatening manner, or accused angrily of an offence, fear will cause an untruth to be spoken or acted by a child who is naturally honest."

A paper on forming a child's character says: "I am one of the old-fashioned believers in the 'nagging' system, or, in Scriptural language, 'line upon line, precept upon precept.' I believe in telling a child not to do a certain act fifty times, if necessary. Though I believe in exacting obedience, and in the system that I have, perhaps, wrongly called 'nagging,' I fully believe in making the child happy. Occupation is a great help in training a child. From the time it is two or three years old until it is sent to a school or kindergarten it is much happier if given something useful to do than if allowed to be idle, or engaged simply with playthings. Before its mind can properly be put upon the alphabet, a little worsted work, or drawing, or pricking patterns in paper may do good."

One of the best things in the little book is, that it suggests other books which widen a mother's view of her own life and her children's future. It is so sensible and practical that it should be kept by all mothers as a help and guide to other reading.



NOTES AND NEWS.

THE question whether or not it is advisable to add a year to the lowest limit of age at which pupils are admitted to the public-schools, making it six instead of five, was brought before the School Commissioners of New York at the last meeting of 1884. Commissioner F. W. Devoe's remarks on the subject are strong and to the point. In the course of them he says :

"The law says that children can go to school when five years of age, and even if the commissioners so desired they could not keep them out unless the law were changed by act of legislature. What are we to do, then ? If we could only bring them into kindergartens, and keep them there until they are six years of age, we would be doing more for their moral training than for their intellectual, perhaps, but we would be doing better for the children and doing less injury to the teachers, whose nervous systems are now kept on the strain. The forcing of the children at that tender age is so hurtful, also, that at seven it sometimes happens that their nerves are quite worn out."

This is sound common sense. The day has passed for ignoring the truth that children have nerves, and that these may be irreparably disordered before the tortured creature has passed the shifting boundary of infancy. Many parents are beginning to have grave doubts as to the wisdom of a system that attempts to bring the minds of hundreds of children to the same level, by a discipline that stultifies the slow intellect and inflames the ardent.

It will be interesting in connection with this to note the remarks of the well-known Austrian alienist, Dr. von Krafft-Ebing, in a recent lecture on the nervousness of children. Nervousness, he says, is more apt to be inherited than almost any other infirmity, and the children of parents who are of a nervous disposition are therefore doubly exposed to those influences which produce nervousness. As the imitative faculty is very strong in children, the parents should be careful to suppress any eccentricities of gesture and temper that they

themselves habitually indulge in, lest the children acquire them in an exaggerated form. In dealing with such children excessive tenderness and sentimentality are as injurious as excessive harshness. Nervous children are very apt to appear endowed with a brilliant talent at an early age, and the parents in their natural but foolish pride often encourage this brilliancy instead of restraining it and allowing the brain to take a normal course of development that will not lead to premature exhaustion or collapse. In other cases, almost as frequent, nervous children appear to be endowed with less than normal mental gifts, and in these cases it is quite as injurious to force and urge them on in the vain struggle to overtake their more gifted companions. The victims of such a mistaken policy generally end their life as invalids. In almost every country young children are over-burdened with work at school, and the results are short-sightedness, anæmia, and a host of nervous diseases. Most injurious of all is the habit of giving children a task to do at home before going to bed. The brain, already fatigued by the day's labors, is brought into a state of artificial excitement, which does not abate after the child has fallen asleep, but continues to manifest itself in the form of vivid and worrying dreams. But vivid dreams, especially when they are of a disagreeable nature (as most vivid dreams are), are quite as fatiguing as real experiences. Consequently the brain gets no rest at all, and it is no wonder if next morning the child is peevish, pale, and tired, and has to be forced to rouse itself and go to work. For the same reasons nothing can be more reprehensible than the habit of allowing young children to sit up late, and even of taking them to entertainments in the evening. Sleep and fresh air are the best medicines for nervousness.

THE reader of "Annual Reports" may smile at the assertion that, out of the hosts laid before a benevolent and bored public with the beginning of every year, there are now and then a few

that contain something really fresh and full of more than the stereotyped "interest." Prominent among such exceptions stands the eighty-second annual statement of the Female Charitable Society of Newark, New Jersey. The sole sign of age displayed by this organization is on the title-page. Among the thirteen departments in harmonious operation under the auspices of the Society are a Day Nursery and a Kindergarten. Of the Fresh-Air Fund it is said: "It has proved an entire success in the initial course of two summers. But it has tested the energies of the committee to the utmost to provide for all the flock fluttering to escape from city cages." One little fellow who was boarded in the country for a few weeks last summer asked leave to bring a companion to visit him. "As they passed into the farmstead room, he said to the new-comer, 'Take off your hat, Bill! This place is like you was in church.'" Another boy, an invalid, encased in a plaster jacket for spinal disease, was perfectly tractable throughout his stay until the day of departure came. Then he refused positively to get up. "He said if he was not dressed they could not take him home, so that it was about nine o'clock A.M. before the little five-year-old rebel could be routed out of his soft intrenchment in bed." These are pathetic bits of the poetry of common life.

ON January 15 Mr. Josiah K. Brown, of Oneida County, appointed by Governor Cleveland under the act of 1884 to be the first Dairy Commissioner of the State of New York, made his annual report to the Legislature. The report and the papers published in connection with it will be found highly interesting. On the subject of milk, especially, the remarks are very full and valuable. Many curious facts are given regarding the adulteration of milk, including a complete list of all the plants that impart color and odor to milk. The relation of contaminated milk to the spread of typhoid and scarlet fevers, diphtheria, etc., is forcibly dwelt upon. This elaborate report should command the attention of all thoughtful parents. The importance of such State supervision is strikingly emphasized by Milk Inspector Newton, of New Jersey, who, in a communication published with the report, says that that State has been completely redeemed from the worst evils of the milk trade. Adulterated and skimmed milk are almost unknown there.

WAIFS.

MARJORIE, who is beginning to struggle with some of the problems which puzzle older minds, propounded to her father the following question: "Papa, when I wasn't where was I?"—*Ex.*

A FATHER, complaining of the way his children destroyed their clothing, said: "When I was a boy I had only one suit of clothes, and I had to take care of it. I was only allowed one pair of shoes a year in those days." There was a pause, and then a very little chap spoke up: "You have a much easier time of it now you are living with us."—*Ex.*

"I DREAMT last night that you gave me a five-dollar gold piece for Christmas, and that papa gave me a ten-dollar bill." "My little boy, don't you know that dreams go by contraries? You will be disappointed," said his mother. "No, I won't. If the dream goes by contraries, then you will give me the ten-dollar bill and pa will give me the five-dollar gold piece. I am safe anyhow."—*Texas Siftings.*

"Now, then," said a Sunday-school teacher, who was trying to explain a miracle to her class, "how do you account for Peter being able to walk on the surface of the water?" "I know," said a little, bright-eyed boy, whose father lost a limb at the siege of Vicksburg. "Well, how do you account for Peter's walking on the water?" "He had cork legs and they wouldn't let him sink," said the little fellow triumphantly.—*Waterbury American.*

JONES: "Ha! ha! Life will now be worth living. I must show this item of news to my next-door neighbor. He can't fail to take the hint. The paper says some genius has invented 'noiseless violins for practice,' and they are already on sale." Smith (wearily): "That won't help me any. I've got to have my sleep broken until a greater boon appears." Jones: "Why, what would be a greater boon to humanity than noiseless musical instruments?" Smith (mopping his throbbing temples): "Noiseless babies."—*Philadelphia Call.*

ALL hopes blasted.—Jenks: "Ah! Blinks, glad to see you. How is Mrs. Blinks and the baby?" Blinks: "Well—very well; only I am a little disappointed in the baby." "Disappointed! Why, it's a boy, isn't it?" "Yes, but you know the desire of my heart has been to have a son to succeed me as editor of the *Evening Clarion*." "Yes, and no doubt the youngster will inherit his father's talents." "But he won't." "Won't?" "No; I shall never be able to make anything but a morning paper editor out of him. He sleeps all day and stays awake all night."—*Philadelphia Call.*

"WHUT hab yer named yer boy?" asked an acquaintance of old Nelson. "I've named him airtier mysef." "Wall, I allus makes it a rule neber ter name er chile airtier er libin' pusson." "W'y so?" "Case, yer see, de libin' pusson mout turn out bad. He mout be hung. It is hard on er boy when his namesake am hung." "Dat's a fack," replied Nelson, "an' ef I hader thought er dat I woul'd' er named de boy airtier mysef, fur it am hard on er boy when his namesake is hung, but in dis heah case it woul'd' be no harder on de boy den it woul' on de namesake. If I coul' stan' hit, he oughtenter complain."—*Arkansaw Traveller.*

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, MARCH, 1885.

No. 4.

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

WHEN, WHERE, AND HOW BABY SHOULD SLEEP.

THE proverbial nine days of blind puppyhood are not without their hint to the human mother. We shall have something to say as to the intellectual awakening when "the precocious baby" sits for his likeness in our gallery of portraits. In dealing with the infant in his physical aspects, it is safe to recommend that for nine times nine days after birth he should be allowed to keep his eyes closed as much as Nature dictates, and would compel, if she were let alone. He must be washed, dressed, and fed at proper times, of course, but the modern custom of keeping him in the simplest and plainest of night-gowns for the first month is based upon sound sense and physiological principles.

On a Southern plantation where I passed much of my childhood the colored "mammy" lived in a snug cabin backed by a field of corn. One of the stories with which she regaled our eager ears was how she loved to lie awake at midnight, when every other creature on the place was asleep, and hear the corn grow. How, creeping to the window, she saw the plummy tops, faintly outlined against the stars, rise higher and higher, the lance-like blades stretch themselves, as a sleepy man his arms, while soft stirrings and rustlings, such as birds make in the nest or a baby in the cradle, were varied by an occa-

sional crackling as the roots burrowed in the earth and the horny stalk expanded.

"For you see, my little ladies," was the moral of the pretty tale, "nothin' ken grow in the light. Corn and little chillun stan's still all day long. 'Less"—this emphatic—"less they takes nice long naps, with the shetters all close, and everything kep' jess as quiet as ken be."

Mammy may or may not have believed in her own theory. She assuredly grazed an important truth. Without going into technical explanation, we will admit as fact the assertion that the sleeping child does not fare so well in a brightly-lighted room as in the dark. The march of sanitary æsthetics has swept away the stock nursery-picture of the young mother plying her needle by the evening lamp, her foot on the rocker, a lullaby on her lips. If there is but one shadowy, still corner in the house, make it practicable for cradle or crib to stand there while Baby "gets his sleep out." Some children seldom accomplish this during the entire period of infancy. Even when Baby has been put to bed for the night his nursery is play-ground and sitting-room for older children; nurse gossips with a visitor or fellow-servant while sewing on her own finery, or mamma finds the only quiet hour and place for reading by the sleeping child. Sometimes papa takes pity on her lonely estate and brings up newspaper and cigar to the same cosy corner. Under these condi-

tions Baby's best chance of obtaining the needful depth of slumber is to avail himself of the hours improved by mammy's maize—the season when deep sleep has overtaken everybody else in the house.

It is objected by some practical minds—usually the class who believe in the hardening process referred to in a former chapter—that it is unfair to subordinate the comfort of a whole household to the convenience of a single member, and that the youngest. Baby can be taught to sleep, they urge, as Maria Edgeworth was compelled by her father to write her books, in the living-room, the heart of family life. The clank of the sewing-machine, the jingle of the pianoforte, the babble of tongues, are naught to his sealed senses when they have become accustomed to them. But in proportion as a baby's bodily and mental growth exceeds ours in rapidity does he require sleep—deep, undisturbed sleep. "To sleep like a healthy infant" is a phrase which loses pertinence when the diurnal siesta is a series of "cat-naps," unrefreshing because incomplete. Few children in our land suffer for want of food. Many grow up irascible in temper and disordered in their nervous system because habitually deprived of their lawful quantum of absolute rest. Each premature awakening is a nervous shock.

There is more diversity in natural gifts for sleep than in natural appetites for food. Heredity speaks out here, and with no uncertain sound. Insomnia is a disease the horrors of which are only known to those who have endured them. The poor woman who walks the floor and roams from room to room, trying bed, lounge, and rug in futile attempts to find sleep that comes, an uninvited guest, to others; who dreads the hour of retiring and the sight of the pillow, surrounded for her by a swarm of fancies, only awaiting the settling of her head upon it to alight with buzz and bite, will probably see these experiences in some degree repeated in her offspring. In order to be patient and wise in the management of infants we must study their antecedents and shape the regimen accordingly.

To recapitulate: A baby must have all the sleep he will take, and be encouraged to take that all by the wooing influence of shade and silence. Next let the periods of rest, as he grows older, be stated and punctual. Nurses have a saying of children who have been kept awake beyond the usual time for the nap, "They are too sleepy to sleep," and that "they have got past their sleep." Both phrases express clumsily the nervous excitement that drives away the only cure for abnormal irritation. As to the methods of inducing sleep, the pen halts in perplexity. "Mothers' Manuals" are unanimous in the protest against rocking, trotting, patting, and walking a child into slumber. "Rock-a-by Baby" is adjudged by latter-day discoveries to have been an Indian lullaby, the chant of the squaw to the papoose strapped to a sapling. Swinging-cradles are said "to unsettle the balance of brain-lobes"—whatever that may mean—and to vex the diaphragm; rockers are unscrewed from the legs of cribs, and rocking-chairs banished from the nursery. Yet, says the young mother of two children, "My babies persist in turning night into day, as their grand-mamma says *I* did. I had a cradle for the first, when a week's terrible work had proved that he would, despite our efforts, sleep fitfully by day and scream by night. I was obliged to keep my hand on that cradle all night long. For the second I bought a standing crib; but I am no better off, since I have to pat her gently for hours to make her sleep moderately well." Another testifies: "I have reared six healthy children, none of whom would sleep without rocking. I tried faithfully and perseveringly with all, each in his turn, to persuade them to lie still in bed and doze off after the fashion of my neighbors' *good* darlings. They cried and fought against the method for two, three, four hours, until, worn out and fearful of results to them, I yielded. Two minutes' rocking would put them to sleep, after which the motion was discontinued."

A volume of testimonials to like effect could be collated, and many volumes of the same size reprobating the use of rockers.

One point is clear through the maze of conflicting statements. It is best for Baby and for mamma that he should be taught from the beginning to go to sleep, like a sensible, civilized human being, in a stationary bed. So well worth the trouble of an experiment is the formation of this habit that every mother should make the trial. See that he is warm, dry, and generally comfortable; tuck him in lovingly, darken the room, and insist, with all the will-power you can muster, that he shall yield himself to slumber. To borrow Solomon's advice, "Let not your soul spare for his crying," within reasonable bounds. Should he succumb once to your determination, the second struggle will be more brief, the third may never come. Be stern in denying a well child (and his mother) the indulgence of rocking him to sleep in your arms, or, worse still, of pacing the floor with him to secure the same end; though it is a luxury to the heart whose brooding love is but feebly imaged by the warm folding of the arms. Half-a-dozen repetitions of the delight will spoil him into a nuisance to the nurse and everybody else in the house.

The "Day Nap" will form the subject of a separate chapter in our next issue.

NURSERY COOKERY.—NO. 4.

ARROWROOT.

"THE gravy alone is enough to add twenty years to one's age, I do assure you," said Mrs. Todgers. "The anxiety of that one item keeps the mind continually on the stretch." The absurd speech comes more aptly to the mind than any dignified combination of words in jotting down the title of this chapter.

"Arrowroot—a nutritive starch, obtained from the root of the *Maranta arundinacea*, and from the roots and grains of other plants; used as medicinal food." Thus the Nestor of American lexicographers. The battle-ground is that one word "nutritive." Says a popular treatise on infants' food: "Thousands of children have been starved to death on arrowroot, and thousands more will follow them to the grave, slain in the

same manner. It is starch, and worse than starch, the latter substance possessing more nutritive qualities than arrowroot."

An eminent living physician, after forty years' practice, writes to me: "If you can get pure Bermuda arrowroot you will find it one of the lightest, yet most nutritious articles of food known in dietetics. I have kept patients, adults as well as children, alive upon it and nothing else for days, until they rallied into convalescence. My stomach could retain nothing but arrowroot for three weeks while I lay ill with typhus fever. I have no hesitation in recommending it for nursery use."

While giving both sides of the question, as maintained by those who should know of what they are speaking, I may be permitted the relation of my personal experience in this matter. The preparations of arrowroot given herewith have been used in my family for twenty-five years. In that time I listened to so many discussions for and against it as food for infants and invalids that for a long time my mind, like Mrs. Todgers's, was kept continually on the stretch. Judging, then, from what one mother and housekeeper has seen and learned from actual experiment, I modestly record my belief in arrowroot as a "nutritive starch." While giving the preference to farina as a regular diet for strong and well children, I yet have seen babies as lusty and healthy reared upon arrowroot milk-porridge. Arrowroot jelly and blancmange have held an honorable place in the taste and confidence of parents and little ones. As nursery-desserts for children of two years old and upward they are excellent.

To this frank and familiar preamble I annex the following recipes:

ARROWROOT MILK-PORRIDGE.

One large cup of fresh milk, new if you can get it.
One cup of boiling water.
One teaspoonful of arrowroot, wet to a paste with cold water.
Two teaspoonfuls of white sugar.
A pinch of salt.

Put the sugar into the milk, the salt into the boiling water, which should be poured into a farina-kettle. Add the wet arrowroot

and boil, stirring constantly until it is clear; put in the milk, and cook ten minutes, stirring often.

Give while warm, adding hot milk should it be thicker than gruel.

ARROWROOT JELLY.

Half-a-pint of boiling water.

One scant tablespoonful of Bermuda arrowroot wet with cold water.

Two teaspoonfuls of white sugar.

A pinch of salt.

Make as you do the porridge, omitting the milk, and cooking ten minutes in all. Turn

into a mould wet with cold water to form. To be eaten when cold, with cream and powdered sugar.

ARROWROOT BLANCMANGE.

One large cup of boiling milk.

One even tablespoonful of arrowroot rubbed to a paste with cold water.

Two teaspoonfuls of white sugar.

A pinch of salt.

Flavor with rose-water.

Proceed as in the foregoing recipes, boiling and stirring eight minutes. Turn into a wet mould, and when firm serve with cream and powdered sugar.

TEETHING.

BY LEROY M. YALE, M.D.

WE remember having heard a well-known lecturer on children's diseases, no longer living, remark that from the domestic point of view the causes of most disorders of children were very simple: They were first the teeth, and, when the teeth were all cut, worms. He thus humorously and with but slight exaggeration described an actual state of affairs. The tenacity with which the belief in the potency of one or both of these causes is held is really remarkable, and a physician will rarely pass a day in which it is not in some form or other brought to his attention.



We were once called upon to cut a gum to avert a disaster supposed to be impending, when we found, on examination, that the child was already, and had apparently for some time been, possessed of his complete set of teeth. The disturbance was real, but the supposed cause imaginary.

The interest felt in the process of teething seems to be almost exclusively during the coming of the first set; few mothers pay any attention to the second.

STRUCTURE AND DEVELOPMENT OF THE TEETH.

First, a word concerning the structure of a tooth. The bulk of the tooth is made up of the ivory, or dentine, within which is a cavity having the same general shape as the tooth. This cavity is called the pulp-cavity, and contains a soft substance which is full of blood-vessels and little nerves, and is, as most of us know by experience, exquisitely sensitive, at least when diseased. That part of the ivory which forms the roots or fangs of the tooth is covered by a bony layer called the cement. The part of the tooth protruding from the gum is called the crown, and is covered by a layer of a very hard substance called enamel. This is the layer the appearance of which we are most familiar with, as it alone is visible in the entirely healthy tooth. The enamel is thick on the tops of the teeth, and becomes gradually thinner as the gum is approached. This general structure is essentially the same for all teeth.

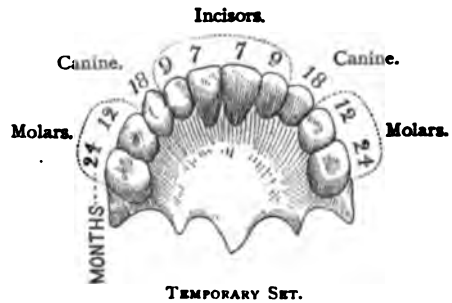
The formation of the teeth is, of course, a gradual process. At birth some of the first set, or "milk-teeth," are well advanced

toward their complete condition, some less so. The permanent teeth have also begun to form. When the enamel is hard enough to stand the wear and tear of use, and the ivory is firm enough to give it support, the tooth is pushed forward toward the surface of the gum, mainly by the growth of the root from below. Popularly, the term "teething" is applied only to the visible progress of the teeth through the gums. The first illustration shows a milk-tooth passing through the gum, and also the partially formed permanent tooth which is years afterwards to take its place.

THE TEMPORARY OR "MILK" TEETH.

The temporary teeth are twenty in number, five pairs in either jaw. They are, in order, counting backward from the centre of the jaw, the central incisors, the lateral incisors, the canine teeth, and the first and second molars. The incisors are commonly called the "front teeth"; the canines, especially in the upper jaw, are called the "eye-teeth," probably from their situation beneath the eye, and those of the lower jaw are often called "stomach-teeth," presumably from a supposed greater amount of stomach disturbance at the time of their appearance. The

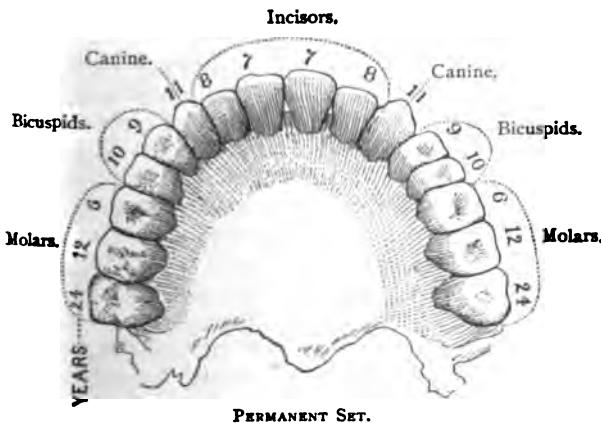
lower jaw usually precede somewhat the corresponding ones of the upper. The central incisors come first, then the lateral incisors, next the first molars, then the canines, and last, usually after a somewhat longer interval than



TEMPORARY SET.

separated the appearance of the other teeth, come the second molars, sometimes called in the nursery the "two-year-old teeth" from their late appearance. The time of the appearance of the teeth is not so uniform, but the following figures are about the average: The central incisors from the sixth to the eighth month; the lateral incisors from the eighth to the tenth month; the first molars from the twelfth to the sixteenth month; the canines between the fourteenth month and end of the second year, more commonly, say,

about the eighteenth month; the second molars after the eighteenth month and usually about the completion of the second year. Even beyond these rather liberal limits variations occur, more commonly, perhaps, in the direction of delay. Occasionally a child is born with a tooth already cut, and this tooth is sometimes a supernumerary one. We recall an instance of this kind, the peculiarity of five incisors, instead of four, being present in at



PERMANENT SET.

accompanying illustrations show the temporary teeth, and also, for comparison, the permanent set. The order in which the teeth appear is pretty uniform; exceptions, however, occasionally occur. The teeth of the

least three generations.

Inferences are often drawn as to the significance of early or late teething, to the effect that early appearance of the teeth is an evidence of strong health, and late

appearance the reverse. Especially is delay considered evidence of rickets. These presumptions are in a measure correct, but they can be pushed too far; for instance, we can recall children who cut their teeth precociously and with great ease, and were apparently strong, but who became rickety from improper food soon after.

THE SYMPTOMS OF TEETHING.

The usual symptoms of "teething"—*i.e.*, of the near approach of a tooth to the surface of the gum—are mainly local and are well known. The gum, at the point toward which the tooth is pressing, is somewhat fuller and may be hot, red, and tender. The child usually shows an inclination to bite such things as he can get into his mouth, and the act of biting appears in some way to give him satisfaction or to relieve the irritation of the gums. Further, an increased flow of saliva generally makes itself manifest by the overflow styled "drooling." If the irritation be considerable and painful it renders the child restless and uneasy, fretful during his waking hours and disturbed in his sleep. It should be noted, however, that not even these mild symptoms are uniformly present; we have known many children in whom the process of teething presented absolutely no symptoms of departure from perfect health, and with whom the cutting of a tooth was first suspected when it was observed already through the gum. Such dentition was aptly described by a mother in the phrase, "Baby's teeth pop out like peas from a pod." On the other hand, it should be understood that the manifestations above described as common symptoms of teething are not always such, unless we accept literally the nursery phrase, "Baby is always teething." For instance, many if not most children naturally use their mouths as their most convenient prehensile organ, and seize everything with their jaws as instinctively as do the animals who have no hands. So, too, many children have the habit of drooling for an indefinite period. In a similar manner the other symptoms can be shown to be by no means distinctive of one condition only. Nevertheless the association of the group of

symptoms is pretty good evidence of "teething." Sometimes the disturbances above described are attended with a slight irritative fever, with loss of appetite and consequent loss of flesh. Exceptionally, in poorly-nourished children, the mouth may become sore and ulcerated.

Besides the local manifestations a multitude of remote or general disturbances are coincident with, and have consequently been considered to be dependent upon, teething. Before mention is made of any of them it should be said that at the present time medical men are far less credulous than formerly regarding this dependence. There is nothing incredible in the supposition that dentition may cause remote mischief, but when we attempt to show that it actually does so the evidence is not entirely satisfactory except for a limited number of cases.

TEETHING AS A CAUSE OF DISEASE.

In the first place, as a child is likely to be cutting one or more teeth most of the time between his seventh and, say, his twentieth month, there is great probability that whatever ailments he may suffer from will pretty nearly coincide with symptoms of teething. Diseases for which a very definite cause is assumed—such, for example, as scarlatina or measles—will not be attributed to dentition. But for disorders of less certain origin there is a desire to assign a cause, and the turgid gums present themselves as a possible one. But if a disease is to be considered a consequence of teething it must not simply now and then coincide with the pushing of the tooth, but the coincidence must be exact as to time, and repeated, if not with every tooth, at least pretty frequently. We cannot consider anything the definite cause of a result as long as another cause at least equally probable may be assigned. As our knowledge of the causes of disease has increased, the prominence of dentition as a cause has diminished; and we now entirely reject many of the alleged effects of difficult teething in which our predecessors had full belief. Some go so far as to deny that any harm comes from teething, counting all the disorders as pure coin-

cidences. In this, according to our opinion, they go too far; for while there are probably few derangements of which teething is the prime cause, it is often an auxiliary or predisposing cause.

The question is at once asked, What does it matter to us in the nursery whether the many disorders attending teething are caused by it or not? Just this: If the parents believe that dentition causes all the ailments attributed to it, they are, as we daily see, prone to consider the ailments as nearly, if not quite, as much a matter of course as the natural teething process, and they consider it useless to try to cure them until teething is complete. Moreover, by a sort of inverse reasoning, if any of the disorders which they are accustomed to regard as dependent upon dentition happen to exist, they infer that the child is teething, whether he be so or not. As a result of all these errors and confusions, it too frequently happens that disorders which might have been very tractable at the outset are allowed to progress unopposed until they reach a serious stage. If, on the contrary, we assume that teething is rarely the real cause of disease, the parent will seek some other reason for any disturbance of the system that may exist, and will endeavor to remove it, either with or without the aid of a physician. The difference of opinion is then not a simple dispute of terms, but one which has a real interest in the nursery.

THE RELATION OF TEETHING TO SOME SPECIAL DISORDERS.

Thus much being premised, we need say but little concerning the disorders that accompany teething. For convenience we may group them as those that affect the digestion, the skin, and the nervous system. The first-named are also first in frequency. Diarrhœa, in some degree of severity, is present during teething with a very large proportion of infants, but, as may be inferred from what has been above said, in by far the larger proportion of these cases some other cause may readily be assigned. Thus, improper food and summer heat are causes of greater potency than teething, even in the

opinion of those who give to the latter considerable importance. Again, a peculiar liability to diarrhœa exists during the period of teething, owing to developmental changes in the intestines which are going on at the same time. Take these two considerations together, and it will be at once seen that but little of the danger of the dreaded "second summer" can be fairly charged to the teeth. The predisposition to bowel troubles lies in the bowels themselves; the heat adds its help in the same direction, and the disturbances that attend the cutting of "eye" and "stomach" teeth are probably due less to the greater difficulty of cutting them than to the fact that the child has most likely been weaned and is having his early struggles with food which is artificial, if not unnatural. We know, moreover, statistically that but few of the diarrhœas coincide exactly, in coming and going, with the cutting of a tooth. It is this small part, however, that makes us still believe that the teething does contribute, although in a far less degree than formerly supposed, to the digestive disturbances that go with the process. The other disturbances of stomach and bowels are practically covered by what has been said concerning diarrhœa.

The skin diseases accompanying teething—the various forms of "tooth-rash"—are, on a close analysis, found to be still less connected with teething than the digestive troubles. They are not as frequent or as uniform, and are chiefly found in those children who later show, or whose relatives before have shown, tendencies in the same direction.

Of the nervous disturbances that have been considered due to teething we may mention a kind of cough for which no other cause was discovered; one of the varieties of croup called *laryngismus stridulus*; certain eye affections, such as squinting and dropping of the lid; infantile paralysis, and convulsions. These affections have been found by the same method of examination to have other very efficient causes coexisting with the teething. Most striking, perhaps, is the change of opinion in regard to the para-

lysis of infants, which once was even called "dental paralysis." The most alarming attendants of dentition are convulsions. Although it may be doubted whether convulsions are caused by teething alone in a child otherwise healthy, yet they do often occur, and in a certain proportion no other cause than the state of the gums can be discovered. But when no other cause exists it is the opinion of acute observers that the attacks are mild and brief. They occur more frequently with the eye-teeth and the molars, and we think the same explanation that we

gave for the severity of digestive disturbances at this period is also valid here. Children who have convulsions with the cutting of their teeth are usually subject to them from various causes, such as indigestion, or the approach of an attack of some acute disease.

To sum up in a word: In the present state of our knowledge, while we admit teething as a cause of disorders beyond the immediate local disturbances, we accord it only a subordinate place, and we would advise that it be not accepted as the cause of any disease until diligent search has failed to find any other.

SOME SANITARY ASPECTS OF THE KINDERGARTEN.

BY D. F. LINCOLN, M.D.

A WELL-CONDUCTED school for little children is one of the most charming objects in the world. Many primary public schools in our day are conducted in perfect sympathy with the needs of children. In no branch of the public-school system has greater improvement been made, within the last twenty years, than in this; and to a considerable extent this improvement has consisted in adopting the methods of the kindergarten. But there remain certain points of difference in which the kindergarten seems to have the advantage—points which may be summed up in this: that the kindergarten tries to benefit the child's nature in *all* respects, educating it in right feeling and moral conduct, as well as developing its physical powers, and relying greatly on happiness as an educational element. I do not venture to say that the kindergarten system is free from defects; but its advantages are great. The child must be benefited in its physical health by the moral atmosphere and the moral training of a kindergarten.

THE BENEFITS OF THE KINDERGARTEN.

Other advantages possessed by the kindergarten as contrasted with the primary school are:

Firstly, the limited number of pupils—fifty-

six being the standard number assigned to each teacher in the Boston primary schools, while in kindergarten work twenty-five is a maximum number. This is a real *reform*, which might easily be copied in part by the public schools.

Secondly, the limited number of hours, from nine to twelve o'clock being the rule, and the youngest children being often dismissed an hour earlier. The primary public schools are kept open in the afternoon, not really for the needs of education, but to satisfy the demand of "taxpayers" who are too busy cooking and washing to be bothered with the children at home.

The writer's acquaintance with kindergartens is practically confined to Boston, where as many as twenty are supported by private charity, using rooms which can be spared in city school-houses. In obedience to a popular wish these kindergartens are now making the experiment of adding an afternoon session of an hour and a half; but it is not probable that it will be continued. The children are employed so actively in their games and exercises and studies that three hours has always been found quite long enough for their power of endurance.

There is no doubt that large numbers of the children in public kindergartens are im-

proved in physical health during the time of their attendance. It would be strange if it were otherwise. Many of them come from uncomfortable or wretched homes; many are harshly treated or misunderstood; while many others are indulged in habits of continual feeding, are allowed to drink tea, and sit up till the mothers go to bed. From lives disorderly, slovenly, dull, and coarse they are brought into an atmosphere physically and morally pure; their habits are regulated; they are taught order, attention, and the use of their faculties; they are made happy in a lively, friendly, busy way. The material surroundings are better than those of ordinary schools, especially with respect to pure air, comparatively few pupils being allowed in a room.

"I have known many instances," writes a teacher, "in which an uncomfortable, fretful, or mischievous child has been changed very much by the influence of the kindergarten upon it." Another writes: "Many of the children who enter our kindergarten are in a very different physical condition from that in which they leave. Many of them are unquiet, nervous, irritable, and unhappy at first. All these conditions change after they have received kindergarten training awhile. . . . Our matron, who has been with us but one year, often speaks of the change. . . . These improvements act favorably upon the physical condition." Another says: "With regard to the effect upon children *nervously*, I have now in my charge a little Italian girl, five years old. When she entered the kindergarten, one year ago, she cried nervously nearly all the time, trembled, and at times even wrung her hands, could not stand still for a moment; now she scarcely ever cries, can handle her work with the utmost calmness, and, although full of activity, stands as quietly as other children." I myself saw this little girl a few days since, and thought her behavior entirely natural and free from nervousness.

There is, then, a positive benefit that often comes from kindergarten life in the case of nervous children. At the same time, however, we should not forget that with some

children the very opposite seems to be the result. Where there is a tendency to over-activity of the intellect the child may become intensely interested by what he sees at his first visits; he grows excited, and is so much impressed that (as a friend remarked to me) "he cannot give proper attention to his dinner when he gets home"; and his slumbers even may be affected. Sometimes it will be better to allow such children to spend only an hour a day at the kindergarten until they grow used to the novelty; and some children may have to be removed, although this will rarely happen.

THE KINDERGARTEN AS IT OUGHT TO BE.

The ideal kindergarten should be located in a sunny place, and, if possible (as can rarely be the case in large cities), should have a garden where the children can actually play. It is very desirable that there should be two rooms and two teachers. A third room, to which classes may change from time to time while their own are being aired, is desirable, and there ought to be a commodious place for hanging the outer garments, not in the school-rooms, nor in halls, nor in locked cupboards, but in wide, light closets. A room of the dimensions of thirty by twenty feet is not too large for a class of twenty children. It will not be filled by that number, but there is the advantage that they can choose their positions in the room so as to avoid the sun's rays or draughts of air, the tables and seats being movable. It is a standing complaint with those who observe school-rooms that it is impossible to get enough fresh air through the windows without exposing the children; but a kindergarten class in an ordinary school-room can easily sit so far from open windows as to be quite safe, say fifteen feet away from them.

The question of temperature is, of course, of the utmost importance, but it would be impossible to lay down any precise regulations. I have seen comfort at sixty-five degrees; and when the sun is shining in, a higher temperature is scarcely needed. I have also seen a private kindergarten in which the classes changed frequently from

the first to the second story and back, the vacated room being aired meanwhile, open fires aiding in the ventilation; in this case the windows were all closed where classes were sitting, and the thermometer ranged from sixty-six or sixty-eight degrees to the more usual seventy degrees. This arrangement is greatly to be commended.

If money can be afforded for the purpose it would be exceedingly well spent in giving the children a glass of milk at their luncheon. The class of persons that send children to public kindergartens are not apt to be good judges of suitable food. Teachers must let it be known that all such articles as pie, cake, or candy will be excluded.

Children are apt to come in with wet feet or clothing; they must be looked to at once, and in all respects must be treated by those in charge as if they were their own children. A woman who does not understand the nursery-maid's business is no kindergarten.

THE DANGERS OF THE KINDERGARTEN.

There is a special source of danger to children in kindergartens arising from the use of strips of gay-colored paper for weaving. Such paper is occasionally colored with arsenical preparations, and may produce symptoms of poisoning. I have before me several slips of paper intended for kindergartens which contain large amounts of arsenic, embracing several shades of green and red, a purple, and a robin's-egg blue. Besides these a great variety of the most pleasing tints of those subdued kinds now

popular for wall-papers ("æsthetic" colors) are sometimes arsenical, as reddish-browns, from maroon to a brick or light chocolate; neutral tints or mud-colors of various sorts; grayish-brown, grayish-blue, purplish-blue, slaty-blue, greenish-brown, a clear light yellow, and a lively pink. These colors are mentioned to show how impossible it now is to ascribe danger to one color rather than another. In a matter of this kind the State may properly assume the position of protector of infancy by forbidding the sale of such paper for the purposes of schools. As far as is known to me, no children have actually been injured by these papers. It is suggested by Professor Wood, of the Harvard Medical School, that catarrhal symptoms like those of a cold, or disorder of the stomach and bowels, may sometimes be due to this cause.

Kindergarten work has been found more taxing to the teachers than ordinary school-work. Under the plan of one daily session of three hours the teacher has an opportunity for recreation which is not greater than her needs. Not unfrequently she "breaks down" under the combined influence of school-work in the forenoon, extra study or teaching in the afternoon, and social engagements in the evening. But most teachers have perceived from the first that their task was one involving unusual effort (constant, watchful tension of the faculties, much outlay of sympathy, absolute self-control), and have regulated their lives accordingly, without suffering more in health than other teachers.



THE STUDY OF CHILDREN.

BY SARA E. WILTSE.

WHILE students are busily searching into the childhood of the human race, and studying ancient beliefs and superstitions, comparatively few seem aware of the truth that in our modern households there are mythologies as quaint as the ancient Greek or Norse. The members of the Society for the Study of Children have made it their task to explore the realm of the child's mind, to trace the first steps in the acquisition of knowledge, and to study and record the strange conceptions of the infantile brain. They have sympathetically observed little children, and some of them have kept diaries of the pretty fancies of their small friends. Some cases of feeble-mindedness and abnormal development of intellect have also been investigated, and the facts have been noted.

Those who have made most progress in this unmapped region of the child's mind feel that the principal measure of their success is due to the system of examinations introduced by Professor G. Stanley Hall, of Baltimore, who selected Boston for the field of investigation. The aim of these examinations (which were suggested by similar ones conducted in Berlin) has been to determine the average contents of the minds of children who have just begun to receive their first school education. A large number of children were selected (those exceptionally bright or exceptionally dull being excluded), and to each were put a multitude of simple questions admitting of categorical answers, with the view of ascertaining the extent to which such little children generally have formed correct notions of things; how far their actual knowledge goes of the objects about them, and of the phenomena and experiences of every-day life. The set of questions was carefully prepared by Professor Hall, and the main work of the examinations was entrusted to trained kindergarten teachers. The sex, age, and nationality of each child were carefully recorded. In seeking answers to the list of questions the starting-point was as often in

the middle as at the beginning; for we followed the lead of the child, placing ourselves entirely in the attitude of learners, and not at all in that of teachers.

"*Did you ever see a cow?*" Sometimes it took an hour to get at a satisfactory answer to this question, it often appearing that the child had only seen a picture of a cow. An expression of fear of being "horned" by cows was taken as pretty good evidence of the animal in question having been seen. One child imitated the bellowing of a cow, and informed the questioner that that was the way the cow "blew her horns."

"*Did you ever see a pig?*" "There's a boy in our court that's a pig," was one of the replies of a pugnacious little fellow who proved to know nothing of *pig* except as a term of reproach.

"*Did you ever see a sheep?*" When it is remembered that these questions may be put to children who cannot count four, nor distinguish color, nor observe the difference between fur and wool, the difficulties of drawing conclusions from the answers received will readily be understood. (It will at once suggest itself to the reader that country children have great advantages over children of the city.)

"*Did you ever see a hen?*" It would seem thus far in our studies that winged creatures appeal to children's minds in a forcible way; children who were decidedly foggy about the larger animals would instantly brighten up when hens or birds were mentioned.

"*Did you ever see a chicken?*" In like manner *young* life appeals to them. A "baby-bird" or "baby-sheep," even their own "baby-finger," deeply interests them.

"*Did you ever see a bee?*" One wee child told me the bee carried a whip, and I have never since seen the rapid flourish of a bee's sting without thinking with pain of the keen observation and bitter experience of the child of four years that could call the sting of a bee a whip.

"*Did you ever see a frog?*" Country children early learn to discriminate between frogs and toads, but to the lower classes of city children everything which hops is designated as a bull-toad. One of these poor children was once taken to the country for a day, and, hearing her cooing to something in her hand, a listener discovered that she had a grasshopper, to which she was talking in this fashion: "Poor little bull-toad; poor, poor little bull-toad!"

"*Did you ever see a worm?*" Snakes and worms seem as badly confused in the minds of some children as caterpillars and worms are in the minds of many grown people. A little boy of wretched parentage, who knows cold, hunger, and neglect, was found one day digging angleworms, taking great pains not to hurt any of them. He was watched with interest as he carried a basin of water to wash them, and then vainly tried to hang them on the fence in a sunny part of the yard. His failure demanded sympathy, and on inquiry it was learned that the future Bergh wanted the poor things to be clean, warm, and dry for once in their lives.

Leaving the formulated questions, let us consider the children's myths as discovered by inquiring into their notions about the heavenly bodies and the phenomena of nature.

Among the explanations given for thunder were: Rolling of barrels; God playing football; God clapping His hands; people moving out of houses, and carts crossing "the bridge up there." Respecting the causes of lightning some finer fancies were found to prevail: God pointing his finger at us; God carrying his lamp out of doors; God burning up his old papers, and God looking out of his window at us.

Rain was supposed to go up some pipes, while it came down others; to be dipped up in the night and stored in God's sink for our time of need; to be poured upon us from big watering-pots and hose-pipes kept in heaven. The children from kindergartens who had sung "*This Is the Way the Cloud Comes Down*" and its accompanying stanzas, had been naturally led to inquiry on this point, and were found to have quite clear notions of the clouds and rain.

The quaintest notions are, perhaps, those concerning the moon and stars. Many children supposed the stars to be in the care of the moon, as children are in that of the mother. When asked to make pictures of the moon and stars some children drew them with legs and arms, a very few giving the traditional pointed star, mounted upon two legs. They thought they were led about the heavens at night, one child supposing them to be rolled about the sky like marbles. I shall never forget the expression of joyful mystery on a child's face when she informed me she had seen the sun's baby. Having walked that morning with smoked glass in hand to see the transit of Venus, I did not need to ask what she meant; but, as I was determined to get at scientific exactitude in all the examinations, she was led to explain that she saw the baby through a dirty glass, and the sun was holding it "right in her arms." No doubt the children see as older eyes cannot discern, and there would seem no better approach to the fountain of eternal youth than through the beautiful paths in which the children wander. It is to be hoped that the readers of this magazine will aid in these studies, and any results of such study will be gratefully received.



THE ACCIDENTS AND INJURIES OF CHILDHOOD, AND THEIR PROMPT TREATMENT.

BY JEROME WALKER, M.D.,

Senior Physician to the Seaside Home for Children at Coney Island.

NO. I.

YOUNG children are at all times exposed to various accidents and injuries, even when under the supervision of careful mothers. "Eternal vigilance" is scarcely too strong a counsel to offer concerning the rearing of children. But while the mother's eye must be constantly watchful, the child itself cannot be taught too early the necessity of caution.

Children must be taught that sharp-edged and pointed implements are dangerous playthings, that they cut and prick. A friend of the writer teaches her little folk always to bring directly to her any pins or needles they may find, and they soon learn to prize the "thank you, dear" which rewards them for the treasure brought to mamma. To tell a child that the chair he has tumbled over is to be whipped is, to say the least, a silly measure. That sort of teaching will never show him how to avoid dangerous sports, or how to properly climb chairs or play romping games. Commonly parents who indulge in such advice are persons who do not enter into the sports and enjoyments of children. Too often they look upon the little ones as nuisances, to be cared for and amused in the easiest possible way, which means that the youngsters must for most of the time look out for themselves. Then it is that the wee bairn toddling alone, with crude ideas as to distance and the character of objects, falls over a stool, pitches against a hot stove, overturns a pot of boiling water, lifts a carving-knife only to let it fall with its edge against the skin, or innocently puts the metal end of a button-hook into its nose or hooks it into the eyelid. The older child who can climb, still naturally inquisitive, investigates a bureau-drawer, filling his mouth with buttons, or uncorks a bottle upon a shelf, and takes a sip of some preparation containing, it may be, a corrosive poison.

Of course any one of the above or a host of other accidents may happen under the

best of care, but they must be most frequent when mothers are remiss in their own watchfulness, or when little children are entrusted to young and inexperienced nurses who will indulge in a chat with a passing acquaintance while the baby-carriage with its little occupant quietly but surely rolls down the sidewalk and over into the gutter. There are mothers who have reason to regret that they ever placed a baby in charge of a hired nurse, whose stolen visit with the child to the basement abode of her friends was the starting-point of contagious diseases in the family. Yet most physicians can also bear testimony to the faithfulness and trustworthiness of nurses who sometimes are better "care-takers" than the mothers.

But while constant vigilance must be insisted on, it should not be allowed to degenerate into morbid uneasiness. The mother who is always uncomfortable through fear that her child may catch cold if he goes out on a cold day, or have a sunstroke if the day is hot, or may fall and break a limb if there is ice in the street, or wade in the water if puddles are to be seen, etc., etc., is to be pitied. Far more so her child. A little wholesome neglect mingled with a wise oversight would be the making of many a child. A pitiful sight is that of a child whose natural desire for romping and out-door life is curbed to the detriment of its health. In-door air and exercise cannot compensate for want of out-door air and sports, neither so far as health is concerned nor as touching the quieting of restless spirits. What a blessing it is to the tired mother to have her fractious little one taken out for an hour or two, the calming influence of out-door life rendering him more amenable to control for the remainder of the day. A child thus cared for is less likely to get into mischief than one housed for most of the time.

But if he does get hurt or is in danger, what

can the guardians do? what should they do? They should *think*, and that rapidly. Of course a person who knows nothing or next to nothing about a child's physical structure and its workings will not think or act so intelligently in emergencies as one somewhat familiar with anatomy or physiology. It is, therefore, a matter of prime importance for parents and guardians to gain something of this knowledge if they would be prepared for emergencies. For this reason the writer desires to present in this introductory talk a few physiological axioms which will hereafter enable the reader to follow with greater benefit instructions as to what is to be done in emergencies before the arrival of the physician.

Presence of mind implies coolness, or the ability to calmly collect one's thoughts; but some readers will say: "It's all very well to talk about being cool when your dear little child is bleeding, or in any way badly hurt." True; and I take it that many physicians and surgeons who have a large experience in emergencies are frequently somewhat muddled for a moment before they can decide what is to be done in a given case, so many suggestions rapidly crowding into the brain; but they do not wring their hands, or cry, or send wildly for this thing or that. Perhaps, therefore, I should say *try* to control yourself—be as cool as you can be. Remember that if you, as parent or guardian, give way to your emotions, those about you will follow your example; a panic is created, your child becomes unduly alarmed, and thus you increase the dangers that threaten your dear one.

A knowledge of what is to be done in emergencies seems in some families to be relegated to the female members, as if it was not of equal importance to the fathers, brothers, etc. A moment's consideration will show how absurd such a notion is. If *BABYHOOD* succeeds in presenting its information in such a way as to interest fathers and mothers alike, it will, in the writer's opinion, have performed a very useful task.

A FEW PHYSIOLOGICAL AXIOMS.

1. Inflammation is more readily excited in children than in adults, owing to the delicacy

of their tissues, the sensitiveness of their nervous system, and the greater rapidity of the circulation. This is true both of the covering of the body (the skin), the lining of the body (the mucous membrane), and of the remaining tissues. Irritating substances, therefore, no matter how slight in themselves, may create great disturbance.

2. Owing mainly to the comparatively greater nervous irritability of tissues, convulsions are quite common, sometimes from apparently slight causes, such as fright, an undigested morsel of food, or bad air—*i.e.*, malarial poison, a child often having a convulsion when an adult would have a chill. It is a source of comfort to know that many of the convulsions of childhood are not dangerous; but we shall have more to say on this subject later on.

3. The openings of the body, being small, are readily obstructed by foreign substances, and danger is greatest where the processes immediately necessary to life are concerned, as in the air-passages—*i.e.*, the interior of the nose and the throat, leading as they do to the lungs. The lungs, being intimately associated with the heart, keep life in the body by causing us to take in air which purifies the vital fluid—the blood. Cut off this entrance of air and suffocation ensues, which, if not speedily relieved, ends fatally.

4. While children frequently recover very rapidly from severe injuries, sometimes apparently slight causes start a train of disturbances, especially in one not naturally strong, that may develop into serious disease months or even years afterwards. Thus joint and spinal diseases are sometimes caused by slight blows or falls.

5. Sleep is Nature's great restorer of energy and health, and frequently follows injuries. It is natural and useful and not to be prevented, as many persons believe, for the quieter a child is after an injury the better.

GENERAL DIRECTIONS IN CASES OF ACCIDENT.

A few general remarks applicable to all accidents, no matter what their cause, will now be in order.

Do not form one of a crowd about the injured one unless you can be of service. Remember that the one who is alleviating distress wants room, and that it is also essential for the invalid. Idle curiosity prevents competent persons from assisting, and officiousness is often directly injurious.

If you assume charge, go quietly but quickly to work. If you do not, be ready to go wherever it is necessary, or to do whatever is desired, and do it without argument. Time is a precious element in emergencies, and cannot be wasted.

If your judgment tells you that the case in hand is more than you can manage, send or go for the doctor, being sure to tell the physician what the injury is, that he may bring the necessary instruments or medicines. Stupid or excitable persons should not be sent on such errands.

It seems hardly necessary to say that injured children should be examined carefully in even apparently slight cases. Do not imagine, as is occasionally done, that the child is feigning, and resort to rough usage. Bear in mind that rough handling may reopen a wound in which bleeding has ceased, or cause the jagged end of a broken bone seriously to wound important nerves and blood-vessels. Be particularly careful in lifting and carrying the injured, and in removing clothing which adheres closely to the body. Better sacrifice clothing than run the risk of doing injury to the child.

Don't be cross and unreasonable, for your impatience may induce greater mental and consequently physical suffering; but, above all, don't let the child think that you are frightened.

A MOTHER'S JOURNAL.

BY MARGARET ANDREWS ALLEN.

HAVING kept a journal of my children's sayings and doings for the past fifteen years, I may be able to make some useful suggestions prompted by it.

First, what do we wish to record? Of course the varied record of health and disease, causes and remedies; but that is but a small part of the children's journal. It affords a ready key to the disposition and modes of thought of each child; and though we may think that our daily experience with our children will do the same, we hardly realize how many subtle but important phases of a child's life quite escape our memory in the midst of our constant cares, or how a new baby throws a shadow over the many acts and sayings of his predecessor. And often that predecessor serves as a key to this baby brother or sister. We find in the new baby, as time goes on, an ungovernable temper, or perhaps a tendency to look on the dark side of things. Self-control is of slow growth, and our patience may be sorely tried. But here our journal may help us. Look at the

record of his elder brother, now a model of forbearance in the midst of many exactions from the baby. We read of moral thunderstorms, violent outbursts, that seem to belong to some strange child that we never have known. But there is the dated record in black and white; we must believe it, and we turn with renewed courage to our little tornado, hopefully looking for a clear sky in the distance.

Now for the morbid tendency to which we have referred. How shall we meet that? For if it grows with the child's growth and strengthens with his strength, it will be the bane of his life. It is our business to send our children out into the world not only properly clothed and fed, but with such a spirit that they may see the world aright.

"A merry heart goes all the day,
Your sad tires in a mile-a."

Let us look at our journal. We may find in it the record of another of our children, who, whenever trouble came to him, would

vanish under tables, in closets, or anywhere, and double and treble his grief in solitude. How did we meet that? Here may be a clue in our present perplexity. We find that each word of praise for some good act, however slight, for some little work accomplished, or even for some skill of hands or head well directed, helped wonderfully. Self-depreciation weakens. We cultivated self-appreciation, which is very far from self-glorification, and soon the fruit appeared. The morbid desire for solitude gradually passed away: we were gaining the child's confidence and brightening the world for him. We could not always in the daily routine see how each word of encouragement had helped, but in reading our record the connection becomes plain, and we learn the importance of each step in this successful whole.

Now for the children's formation of language—for they all manufacture words, and it is very interesting to note what material they use. For instance, I have heard one child call water "ine," while two other babies in the same family called it "wa-wa" and "oo-oo." There is a little history in these words which it is pleasant to record. The "ine" was an attempt to call "Alice," who brought the baby his water, and soon a mug or tumbler was to him an "ine cup"—unintelligible language to the uninitiated, but interesting because of the reasoning in the baby-mind needed for working out the connection. The "oo-oo" we imagined to be an attempt to imitate the sound of swallowing, and the "wa-wa" was, of course, purely imitative. I have quite a little dictionary of children's words as used under the age of two years, and their formation might be an interesting study. They at least show how the baby's mind is working and reasoning over what he hears, and turning it to his own uses in his own way. Of course at first he utters merely various uncouth sounds, but even these are moulded out of what he hears from those around him. If we learn nothing else from this, it will at least serve as a warning to us

to be careful of our words, even among quite young children.

I know a physician in one of our Western States who is noted for skill in surgery, and who received a decoration from an emperor for replacing the half of an officer's face that had been shot away. But you say, What can this have to do with a children's journal? It might have a great deal to do with it, for if we had it recorded how he worked for hours, when a boy, dressing paper dolls in furbelows and flounces (I have seen him do it), very much ridiculed by the other boys, we should learn whence came the skilful hands that earned him his fame in after-life. This would help us to realize that our boys, fully as much as our girls, need culture in this respect.

We often hear, as an objection to keeping a journal: "Why, I have no time." It is astonishing how time seems to make itself when desire leads the way. Perhaps we have very little time—five minutes here and five minutes there, that is all. But even that will serve. Buy a blank-book, keep it where you are sure to see it every day, with pen or pencil by its side. Do not try to write much, but tell in the fewest words some little incident of Baby's life through that day, or that week, if there should not be time each day. Sometimes a birthday, or a Christmas, or some little excursion sharpens all our wits and Baby's as well, and then we may give the whole story of "Baby's day"—as clear a picture of him and as well worth preserving for our pleasure in after-life as any we could get at the photographer's. And the pleasure does not end here. We all know how glad we are to meet old friends of our parents who can tell us about our own childhood and how little we really know of it. Could we not understand our children better if we knew more of our own childhood? I think so, and by keeping a journal of our children we are not only helping and giving pleasure to ourselves, but preparing a record which will be of inestimable value to them in after-life.

NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised.

ANY one remembering the painful blistering of palm and fingers in the endeavor to press the juice out of meat with a lemon-squeezer, and the small amount of success achieved in the end, will be glad to be told of the "Patent Meat-Juice Press," an illustration of which is here given. The directions for using it are simple. The cup and cover should be warmed by placing them in hot water. The meat may be partly broiled and seasoned. Juicy meat, cut in pieces about one and a half inches square, will yield nearly one-half its weight in pure liquid. This may be diluted with warm water, as directed by individual judgment or prescribed by a physician. Scarcely any exertion is required in the operation of the press, which may be procured in any hardware-store. Its price is \$1.50.

A portable bath-tub is a convenience that many a mother has sighed for who has been compelled to deny her baby its refreshing daily plunge while *en route* to some distant spot. This want is very adequately supplied in the shape of a rubber tub, neatly put up in a Mackintosh bag. This tub on being unfolded presents a circular vessel, kept firmly in position by a species of slight, fully-concealed framework. A size 24 inches in diameter can be purchased for \$5. The larger size, 36 inches in diameter, costs \$8.

Among the innumerable food-warmers a con-



"COMET" GAS STOVE.

venient and inexpensive one is the "Comet" Gas Stove, which is represented in the illustration.

This is large enough to heat a quantity of water sufficient for a bath, in case of necessity. This article can be purchased for \$1.50.

The double purpose of room and food warmer is well served by a handsome gas-stove which is aptly called the "Cheerful." The polished interior reflects the light; and if you remove the little ornamental cover, and allow a bright little tea-kettle to buzz and hum over the flame, the effect will be exhilarating. The size of this stove is 19 inches high, 16 wide, and 11 deep. Its main virtue consists in the fact that no injurious products of combustion can escape into the room in which it is placed, as they are carried off by a pipe at the back. Its price is \$12.



MEAT-JUICE PRESS.

Since extremes meet, it may not seem incongruous to pass from a stove to a refrigerator. A very convenient though expensive one is the Nursery Cold Chest. It keeps a temperature of forty-two degrees with a consumption of five pounds of ice per day.

A glass-manufacturer of this city, who appears to take a special interest in all that appertains to the rearing of little children, has sent us a "vented" nursing-bottle of his own device. Its distinctive feature is that the aperture for the admission of air is placed in the broadest part of the bottle, which is provided with a rubber band, passing over the vent-hole and enabling the nurse to regulate the flow of milk, her thumb or a finger being slipped under the band in feeding. The following advantages are claimed for it

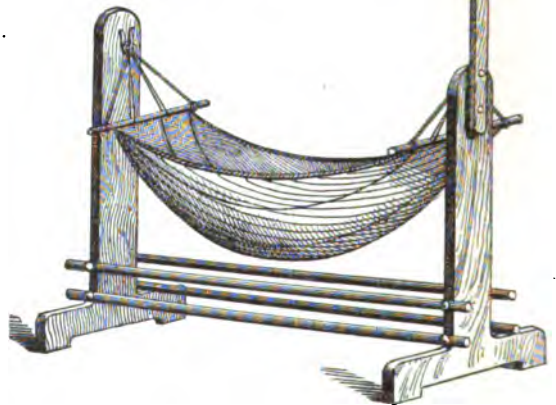
bottle over other vented nursing-bottles : There is no rubber inside of the bottle (the inventor's experience has taught him that few mothers are willing to go to the trouble of keeping bottle-fittings sweet and clean) ; the air enters the bottle directly into the air-space above the milk and not *through* the milk, so that the milk, as it enters the child's mouth, is not mixed with air.

The following illustration represents a bassinet, or hammock-crib. Those who do not wish to pay the cost of the ready-made article may order the frame-work from any cabinet-maker and make the hammock portion at home. Gray crash is a good material for the hammock ; the four crescent-shaped pieces of which it is composed should be joined by double stitching to make them very firm. The bassinet is then suspended by iron hooks fixed in the wooden up-rights. The rods at the bottom are made of polished wood. One lady covered the frame-work with a pretty floral-patterned cretonne, which she put on in full puffings, finishing the edges with a rich furniture cord passed over the foot of the bassinet and tied in many loops, the ends finished by handsome tassels. The long, straight curtain to be thrown over the pole at the top was made of cream-white bunting, edged with Torchon lace and insertion, and tied back on one side with wide ribbons of pale-blue satin.

Among useful articles in a nursery, brush-cleaners deserve honorable mention. These little instruments are of metal, in the shape of

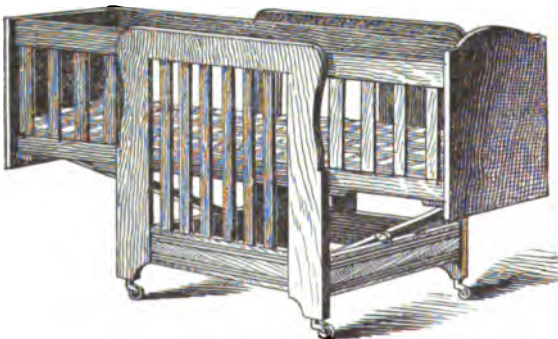
Very pretty hair-receivers may be made of the straw cuffs which are intended for the protection of butchers' shirt-sleeves. These can be bought for the modest sum of 5 cents a pair. Fit a cardboard bottom, which you have covered with silk or silesia, into the narrower end ; trim with ribbons in the manner of a waste-paper basket, which the article much resembles in shape ; fasten a handle across the top, and suspend from the side of the bureau.

Hanging pincushions, we are glad to see, are coming



BASSINET.

into favor once more. They specially commend themselves for nursery use, as they can be securely fastened beyond the reach of busy little fingers.



FOLDING CRIB.

rakes, and sell for 14 cents apiece. They are invaluable for removing the hair remaining in clinging obstinately to the brush.

A serviceable article of a mother's nursery outfit is an apron made of a straight piece of goods—muslin, gingham, or any suitable material that is alike on both sides—turned upward at the bottom to the depth of about ten inches and stitched vertically at intervals, so that pockets are formed, into which scissors, thimble, cotton, or whatever one has in hand can be dropped at a moment's notice when it is necessary suddenly to cast one's work aside. This will not only prevent dangerous playthings from falling into Baby's hands, but save the trouble of collecting scattered work-materials.

A child's crib, which may be folded up into a table, will prove a most welcome institution in many a nursery. The accompanying cuts show the crib open and closed. It has a regular woven-wire spring mattress, making it as comfortable as any bed. An additional mattress, if desired, sheets, blankets, and pillows, can all be kept in it ready for instant use on unfolding at night. When used as a table, and provided with a pretty cover, it can be made ornamental. The inner dimensions of the crib when open are 54 by 22 inches, the square of the top when closed 27 by 28½ inches. Its price is \$16.

If you desire to have your darling as softly couched as was the princess of the fairy tale who felt the pressure of a pin beneath fifteen feather-beds, you can place over spring and hair mattresses a layer of the woven cotton batting, which can be procured in sheets of a size to fit single beds, about three and one-half feet by six, at \$3.50 a sheet. This material is about an inch in thickness, very soft and firm, and excellent for use upon mattresses grown hard by usage. One sheet will suffice for three cribs.

Little folks will sometimes plead eagerly to have a needle and thread and be permitted to sew. Boys and girls share alike in this desire. Children over three years of age may be given a



CRIB FOLDED.

piece of coarsely-perforated bristol-board and a large needle threaded with worsted. It will afford them a great deal of amusement to draw the worsted in and out; and, under the mother's eye, this is a perfectly safe employment.

NURSERY PROBLEMS.

BABYHOOD cordially invites communications upon questions of infants' clothing, diet, exercise—on whatever pertains to the regimen of the nursery. Queries on these points will be carefully noted and answered. Letters should be written on one side of the page only and should be addressed to the Editor. Communications which do not call for a specific reply, or which invite discussion by readers, will be inserted in the department of "The Mothers' Parliament."

AN UNGOVERNABLE TEMPER.

To the Editor of BABYHOOD:

At what age may a parent begin to punish a child for wrong-doing? What is the best plan to adopt to control a stubborn temper in the case of a boy two years of age?

My boy at two years of age desires to have his own way. One of his tricks when angry is to try and pull the table-cover off and throw the things on the floor. Though I love him as I love my life, I have slapped his little hand till it was red and my eyes filled with tears.

Can a young child be controlled without such punishment, or does such punishment do any good to a child so young?

I fear my boy inherits his temper from his parents, and he also had a wet-nurse who had a fearful temper: the knowledge of this fact fills me with dismay and pity for the poor child, but I know that for his own good he will have to be controlled.

Please write in your magazine an article for us

poor, weak mortals who are groping in the dark, seeking for light and praying for guidance. H. KENTUCKY.

When other methods of punishment will avail it is always best to try them before resorting to corporal chastisement. While it would seem that some children can be conquered by no other means, the specific effect of the old-fashioned orthodox whipping is too often to harden and brutalize. As the child advances in years beating is undoubtedly demoralizing, because it lowers his self-respect. Many parents, especially the ignorant and underbred, employ this mode of discipline as easiest to themselves—a saving of time and patience. Do not spare either time or patience with your high-spirited boy. Consider the following plan, if the child is in good health: Take him upon your knee and hold the offending hands firmly while you explain his fault. Should he struggle, imprison hands and

feet in your grasp, and do not release them until the paroxysm is over. For a repetition of the offence tie his hands together with a handkerchief, bind his ankles with another, and pass another bandage about his waist to fasten him in a chair, leaving him there until his passion exhausts itself. The confinement will be more salutary and lasting in its effects than a whipping. Another method of subduing a passionate child is to undress him silently and sorrowfully, bathe him from head to foot, and put him to bed in the daytime. Treat his naughty fits as a physical ailment. Whatever you do, persevere until the culprit submits unconditionally, *and keep your own temper.*

PROTRUDING EARS AND SNUB-NOSES.

To the Editor of BABYHOOD :

(1) Will you tell me what I shall do to cause my baby-girl's ears to lie close to her head? She is nearly ten months old, and, although I have been extremely careful to see that they were not turned when she was asleep, or at any other time, they seem disposed to stand out.

(2) Is a child of her age too young, as she is very heavy, to be allowed to stand on her feet in one's lap? Her legs appeared bandy when she was born, and never have straightened.

(3) What can be done to improve a baby's nose which is decidedly *snub*? I ask this question, having seen a reference to it in the December number of BABYHOOD.

ANXIOUS.

NEW YORK CITY.

We have heard it recommended to tie a bandage of some soft material over the ears, knotting it under the chin, when the child goes to sleep in the day and at night; but if the band has force enough to affect the shape of the ear it has force enough to do mischief. If the child's ears are *flamboyant* in spite of the weight of the head in sleeping, they are not likely to yield to any domestic treatment. Both as regards the ears and the nose we would simply say: Let them alone; you will do more harm than good if you meddle. The "snub" of the baby often becomes shapely enough in the grown-up girl.

As regards query No. 2, we refer you to the article on "The First Steps" in the January number of BABYHOOD.

A BABY WITH SMALL APPETITE.

To the Editor of BABYHOOD :

Will you please tell me what is the proper age for a child? Our little girl is ten months old, and I have been told by several persons that I do not feed her enough, although she has always been per-

fectly well, with the exception of a severe cold at the present time, and is very plump and hearty. I crumb a little cracker or "cooky" on a table and let her play with it, and once a day I give her either mush-and-milk or cracker with cream on it and boiling water poured on; but she does not eat more than a tablespoonful of anything, and seldom that. Is that enough? She has only four teeth, two below and two above. Such questions may seem trivial, but I never had any experience with children, and I do so want her to be healthy. She has never crept, our floor being very cold; now, is it best to hold her up on the lap and let her feet bear part of her weight? When she takes cold she gets quite hoarse and has a cough. I have myself been troubled for some years with a sore throat, or rather an irritation and "raw" feeling in my throat, whenever I take cold; and often I become so hoarse that I cannot speak above a whisper for several days. I am so afraid she may have inherited this trouble. Is there any way of remedying it in her? I hope you will not consider these questions too many to answer.

N. M.

LEE COUNTY, IOWA.

The "proper age" for weaning is not a fixed one, but varies within certain limits, according to the state of the mother's health and the physical condition of the child. Your little one does not seem to be a very eager eater. She is getting teeth rather late. It is very probable that she does need something in addition to the breast-milk. In your town good pure cow's milk, which is the basis of most proper artificial food for infants, ought to be easily obtainable. The hints and recipes in the article on "Nursery Cookery" in our December number would, we think, be as serviceable to you as anything we could suggest.

There is probably no harm in holding the baby as you propose, but let her take her own time about walking.

The only way you can prevent the tendency to hoarseness is by keeping the child's general health as good as possible. Look at the suggestions in Dr. Ripley's article, in our February number, on the prevention of croup, and you will find some hints to help you.

TEACHING BABY TO EAT.

To the Editor of BABYHOOD :

My six months-old baby is a large twenty-four-pound boy, who has never been sick and is just as healthy and happy as a baby can be. Two teeth are now through without any trouble, and this leads me to suppose the time has arrived for feeding him, as up to the present he has never tasted anything but milk of nature's own providing. There seems as yet to be no lack of this natural supply, but are not the

presence of the teeth indications that he ought now to be taught to eat? If so, what food ought first to be given him, how often, and in what quantities? By answering the above you will greatly oblige

AN ANXIOUS MOTHER.

WEST VIRGINIA.

P. S.—Ought little babies to drink water—cold water?

The presence of teeth is not an indication that he ought now to be taught to eat. Inferences from "indications" have to be drawn very carefully, or else we shall overlook very evident counter-indications. If the child were taught to take artificial food his two teeth (incisors) would be of little help to him; he cannot bite liquid food with them, and he cannot chew solid food until he gets his molars. This child's weight and prompt dentition are evidence, so far as they go, of his health and proper nutrition. The question for you to decide is how much longer you can properly nourish him alone. This question you may have to refer to your family physician. When you have decided this you can begin to teach the child to take artificial food as a preparation for complete weaning. Cool water may be given to babies, but not iced water, as a rule. They often are thirsty and nurse only to quench thirst and not hunger. The quantity of water given at one time should be small.

QUERIES ABOUT A FOUR-MONTHS OLD.

To the Editor of BABYHOOD:

(1) Is the farina prepared by your recipe in the January number good for an infant four months old? In what proportion ought the farina to be added to the hot milk? (2) How long ought a baby to wear bands? (3) What should be the night-garments worn by a baby four months old? (4) What is the best way to cleanse Baby's head? Z.

CINCINNATI, OHIO.

(1) "White" or "cambric" tea—one-third boiling water, two-thirds fresh milk—is usually the best food for a child less than six months old, if really good milk can be had. When the farina is warmed over, thin the cooked porridge with warm milk to the consistency of gruel that can easily pass through the tube and nipple of the bottle.

(2) Until he is six months old at least. This question is answered at greater length in another part of "Nursery Problems."

(3) A knitted worsted skirt, band, a pinning blanket (*i.e.*, a long flannel shirt open behind), and a night-gown. Over this last a flannel wrapper should be worn in winter, the long sleeves coming down over the hands. All the

garments should be very loose. Useful suggestions on the subject of night-garments will be found in a communication under "The Mothers' Parliament."

(4) If there is scurf to be removed, rub the head gently at night with sweet-oil, saltless butter, or, best of all, vaseline. Leave it on until morning, then wash as directed in "Baby's Bath," etc., in the February number of BABYHOOD.

SLEEPLESS NIGHTS.

To the Editor of BABYHOOD:

Having read your little magazine with great pleasure, I venture to ask your sage advice and assistance. My little girl of fourteen months has been for the last three months so wakeful at night that I am kept up every hour with her. When she awakes she either cries or wants to frolic or play or get out of bed. She has ten teeth (eight front and two jaw-teeth), which she cut very easily; she is rarely sick, and to all appearances is as well and healthy a child as I have ever seen. She takes one very short nap a day. I have tried giving her a little whipping every time she awoke, which did very little good. By telling me what I am to do with this naughty little girl you will greatly oblige and relieve a tired mother.

MATTIE V.

ST. LOUIS, MO.

If the habit is but three months old there is every hope of cure. A child who has slept well for eleven months should, under unchanged conditions, continue to sleep well for eleven years. Make her understand that she is expected to lie still. Do not strike a light in the room; do not get up yourself, nor let her leave her pillow. Refuse to countenance her frolic, and, beyond persuasive soothing, do not notice her crying. Darkness, silence, and wholesome letting-alone are the best regimen in such a case. Above all things, do not further excite her nervous system by whipping her. She is guilty of no fault. If the treatment indicated above should prove ineffectual, consult a sensible physician and have him examine closely into the state of the baby's health. Such behavior is abnormal, and nothing unnatural is causeless.

CRYING FOR THE BOTTLE.

To the Editor of BABYHOOD:

My baby is eight months old, strong and well, and has four teeth. I have been very ill ever since his birth. For the last two or three weeks I have been so much better, however, that I have been able to look after him somewhat, and I find that he has let him get into the habit of having any time in the night that he wakes and

sequently he wakes and cries every hour or two. Can you tell me how to break up this bad habit? Some of my friends say he will outgrow it, and that it does not hurt him as he keeps so well. Others say: "Let him cry it out." This latter plan I followed once, but he cried, and screamed until he became so black in the face that I became frightened and gave in. If you can help me I shall be very grateful.

M. B. T.

WHITE CO., GA.

It is a pity that a feeble mother should be obliged to suffer the consequences of another's mismanagement. Still, the habit you deplore should be broken up, and without delay. A healthy baby of eight months does not need to be fed more than once, if at all, during the night. So long as the bottle is given to him when he awakes he will awake to get it. Console yourself for his crying with the thought that he is not hungry; he only imagines that the want exists. One mother, as tender-hearted as yourself, received a wholesome hint as to the road out of her maze through the accidental breaking of the bottle, in the dead of night, while she was on a visit at a friend's house. Lawless necessity closed with her; both she and the baby cried themselves to sleep. Seeing him no worse for the involuntary abstinence, she withheld the food the next night. The child awoke, cried for a little while, and slept again. The third night he did not awake at all from ten o'clock until sunrise. The cure was complete.

THE PROPER TEMPERATURE OF THE BATH.

To the Editor of BABYHOOD:

We have a babe about a year old, and every morning we place the small bath-tub full of water in the large one in the bath-room, that he may splash vigorously for a few moments. How warm should the water be? You say, in your February number, 90 degrees; but would not a bath every day at that temperature be weakening rather than invigorating? I think it should be as cool as the child will go into pleasantly—certainly not over 80 degrees. Am I right?

A LOVER OF BABIES.

NEW YORK.

A bath in which the thermometer stands at ninety degrees when the child goes into it cools sensibly and rapidly with the splashing of the water and the action of the air of the room on the surface. There is no danger in giving your baby such an immersion daily, unless you allow him to remain too long in the tub. As, in our opinion, immersion in the tub is only supplementary to the washing of the body with the rag-
ponge, and, except when the child is ill, has

no special virtue beyond completing the cleansing operation, there is no reason for keeping the child in the water more than a very few minutes. In so short a time no weakening effect can ensue, nor can anything be gained by a lower temperature than 90 degrees.

THE INFANT'S BAND.

To the Editor of BABYHOOD:

Please inform me if it is essential for an infant, during the first three months of its existence, to wear a flannel band; or is a warm, soft shirt as good? I imagine the band is uncomfortable to the child, for to prevent it from slipping up under the arms one has to make it quite tight. By answering you will oblige

S. P. B.

NEW YORK CITY.

It is not prudent to leave off the band for six months after birth, but judicious nurses no longer strap the poor infant up in it so tightly as to impede respiration, in the belief that such compression is necessary to keep the abdomen in shape. Knitted woollen bands are the best. A linen lapel stitched on the lower edge may be pinned to the napkin to prevent the slipping-up of which you complain.

A LITTLE FIRE-BUG.

To the Editor of BABYHOOD:

Will the kind authority in the matter of advice to anxious parents please bestow a little upon one who is in a state of great distress over the apparently unconquerable fascination which fire seems to exercise over her eldest son, who will shortly reach the venerable age of five years? Penalties and prayers are alike without avail; promises, "never, never to do so any more," forgotten over-night. Kind friends who counsel patience and predict a cure "in the course of time" forget how unsatisfactory is such a course to the fond mother, who sees with horror the danger that threatens in the interim not only the beloved little transgressor, but his still more helpless baby brothers! Who will tell her what is to be done?

X. X.

CLEVELAND, O.

The fondness of children for fire has from time immemorial been a source of special anxiety to parents. Naturally, fire and flame are fascinating to all children, as, indeed, they are to most grown persons. The apparently irresistible attraction which fire exercises over your boy will undoubtedly prove no more unconquerable than it has proved in the case of multitudes of other children. Of course, so dangerous a habit must be broken, although it would be difficult to suggest remedies that do not naturally present themselves to intelligent parents. In this, as in other matters, temptation must be removed from

the sinner's path. Matches ought to be kept absolutely beyond his reach, and, where the circumstances admit of constant watchfulness the child ought never to be left alone in a room where he can have access to a stove or a gas-flame. A poor seamstress who was obliged to leave her children alone in her room several days of each week cured each in turn of all disposition to play with fire by holding one of the little fingers on the stove until the burn was unbearable. The remedy was a cruel necessity from her point of view. A child five years old who persists in meddling with matches, stove, or lamp should be punished with such seeming harshness that he will not forget the injunction "to let the fire alone." The old saying that "a burnt child dreads the fire" holds good with respect to other trespasses. Disobedience, wilful and obstinate, should be met promptly and justly. Contrive to make the dread of the certain consequences of his transgression of your law outweigh the fascination of which you speak. Present severity in the circumstances is true kindness.

A VARIED BILL OF FARE.

To the Editor of BABYHOOD :

Is it advisable to give a baby almost fourteen months old much fruit ? Our baby has been troubled with constipation, and, not wishing to give him medicine, we try to give him such food as will help his trouble. Please suggest some food or simple remedy for that complaint. He takes for breakfast a soft-boiled egg ; in a couple of hours we give him half-an-orange ; for dinner he eats rice either in mutton or beef broth ; in the afternoon he gets a baked apple, and for supper oatmeal gruel or potato and milk. He does not care to drink milk, but I have not weaned him at night yet. He is very fond of fruit ; it seems to agree with him, and he has been taking the orange and apple for the past month. We often give him a rare piece of beef to suck or chew, but do not allow him to swallow any, and occasionally he takes bread and milk. Now, have any of the kinds of food mentioned a tendency to add to his trouble ? I have given him cornstarch for a change, but does a child at that age require a change and variety of food ? Is it probable that he would get tired of the same thing for his dinner every day ? Would stewed prunes be good for his complaint ?

PITTSBURGH, PA.

B. B.

Of course fruit must be given with some care to so young a child. Your baby, however, does not show any signs of getting too much ; at least none are apparent from your account.

The causes of constipation are various, and a few minutes' conversation with your own physician after he has seen your little one will give you more information really useful to you than any

attempts we could make at a distance. His diet seems to us much more mixed than is needful for a child of his age ; probably if the rice, potato, and the cornstarch were omitted, and the oatmeal gruel increased proportionately, the constipation would be somewhat relieved. But, we repeat, your family physician would be the better adviser. Probably you overrate the necessity for change and variety of food. It is easy to educate a child into such a state of fussiness that, to use a country phrase, it is constantly "cake-hungry but not bread-hungry." If a child is really weary of a certain kind of food, you may trust him to show it in an unmistakable manner.

A PLAYGROUND ON THE ROOF.

To the Editor of BABYHOOD :

Will BABYHOOD through its columns assist me with the best practical device for enclosing the roof or roofs of our Day Nursery in a substantial and safe manner, so that we may supply our children with air and sunshine without exposing them to danger ? The yard is not fit for the purpose of recreation. Last summer the Nursery was open every day, but its usefulness was greatly curtailed for want of a suitable playground. S.

PHILADELPHIA.

We are not quite certain as to the meaning of the word "enclosing" in our correspondent's inquiry. If she refers merely to a fencing-in of the roof to prevent children from falling off, the best device would be a guard-railing of forged iron, such as is manufactured in all ornamental-iron works, of any desired height, and with bars placed as close together as may seem necessary. Of course it is essential to select a railing so constructed that there will be no danger of the little ones clambering on or over it. If, on the other hand, our correspondent refers to a superstructure on the roof, the design will depend largely upon local dimensions, and with the information on hand we cannot give more than a few general suggestions. Any arrangement for converting the roof into a safe playground for the children will depend, in the first place, upon the season during which it is to be devoted to such purpose. It is quite evident that if the roof is to be used in summer only, the structure need not be of such a substantial character as would be required for a playground used all the year round. In the latter case the method of construction should be similar to that employed for "sun-baths," and particular care would then have to be bestowed upon the question of heating and ventilation. For summer use the simplest device would appear to

canvas or tent, stretched horizontally at a suitable height across the whole roof, and supported by stout wooden posts, or, better still, iron rods, securely fastened to the parapet walls of the roof. Such an arrangement would protect the children and nurses from the direct rays of the sun, while freely admitting the fresh air. It might be desirable to have some protection against strong winds in the shape of side-awnings. The whole arrangement would correspond to that used to convert the deck of an excursion-steamer into a shady but airy sitting-place. The question of the means of access to the roof calls for special attention. There should be a regular stairway, and not the usual ladder-like approach. We would, furthermore, recommend a wooden flooring over the tin roof, for we consider the latter as unsuitable for a children's playground. The floor should be laid so that the water will flow off readily, to prevent dampness and decay.

For a permanent structure for use in all seasons a framework of timber or iron should be constructed on top of the roof breast-walls, securely fastened to them, and covered by a roof, the construction of which would depend upon its width or span; the sides and the roof to consist of large panes of very thick window-glass, able to withstand a heavy wind-pressure, to carry the weight of snow, and to resist the destructive force of a hail-storm. There should be a sufficient number of side-windows to secure a circulation of air, and ridge ventilation may also be desirable. Arrangements should be made for keeping out the scorching rays of a midsummer sun by providing roller-shades at the sides and under the roof, fastened so as to move in a manner similar to those used in photographic galleries.

Any large firm making a specialty of architectural iron-work, we believe, would be able to furnish designs for railings, as well as plans and suggestions for a suitable superstructure, if the principal dimensions of the roof were given.

ROLLER-SKATING.

To the Editor of BABYHOOD :

Not desiring to appear in the rôle of a harsh father or as one who considers all play as hurtful to children, I write to ask your opinion whether roller-skating is a healthy amusement for children not over six years old. I have been told by one doctor that it is, by another that it is not. I should like to gratify my children by giving them a pair of skates, if it is not hurtful; so I have told them that I would write to *BABYHOOD*, and that if you said that it

would do them no harm they should have them. There are two little ones who will anxiously look for your answer.

J. B. H.

BUFFALO, N. Y.

At present there is much said in the daily prints against roller-skating, but, so far as we have noticed, the arguments are directed against rink-skating, and refer mainly to the practice of the sport by adolescents and adults. With regard to the exercise practised by little children in the open air, so far as our experience goes, the dangers are sprains, bruises, and fractures, and injury that comes from any active exercise on the part of children who heat themselves and suddenly cool off without change of wraps. Roller-skating is apparently practised by children at an earlier age than ordinary skating, and may, for that reason, be more hazardous, since the little ones are less able to avoid falls and collisions. Of course, as this exercise is a violent one, parents should see that it is not overdone. It ought to be unnecessary to state that the sidewalks of some of our large cities are ill-adapted for the sport.

A DESPAIRING WAIL.

To the Editor of BABYHOOD :

I am the happy father of a child afflicted with the colic, and the only sympathy I get from my friends is the answer, "Just wait; in three months it will be all right." Is it true that I must walk the floor and cook catnip tea for two months longer? Can't you suggest a remedy? Baby hates the catnip-tea and spurs it all over me. If there is any cure for this thing let me know of it before I go entirely crazy. I haven't slept for about a month; last night I hadn't my clothes off. The trouble begins at eight P.M., and Baby gets to sleep about five A.M. What shall I do?

COLIC.

PITTSBURGH, PA.

Assuming that the child's ailment is really what you suppose it to be—colic, namely—its persistence is evidence that something is wrong with the child's food or digestion. There is no sense in waiting two months, or even two weeks, for a spontaneous cure. Consult any physician in whom you have confidence; explain to him how serious is the inconvenience to you as well as to the child, and let him seek for the cause of the trouble and give you the remedy. We cannot at the present moment enter upon a discussion of the general subject of colic.

"*L. A., Pennsylvania.*"—The treatment of hernia is too important a matter to be undertaken by any one but an attending physician, or an experienced maker of supports.



BABY'S WARDROBE.

THERE is not often much that is really novel or varied to chronicle about an infant's attire and belongings. Its needs are few, and its dress is extremely simple. Still, many changes have taken place since the days when babies were so swathed and braced and pinioned that it seems to us now a wonder that they lived at all; and yet of the few grandmothers who still survive, many protest that there are no such bonnie children to be seen in these times as in the days of "auld lang syne"; and one venerable mother in Israel, alluding to the remark recently made in these columns about the infant's cap, said that it was simply modern nonsense, this talk of the "non-poetic physicians" against the tiny baby-cap worn in days gone by. "In her time," grandma declared, "it would have been considered both dangerous and neglectful for a mother to allow her baby to go without its cap before the little bald head had acquired a downy covering of its own." Our "mother of the old school" went on to say that though the abandonment of the cap had long been recommended as a sanitary measure, *she* had never considered it to be a very imperative or a very wise one. The old-time babies lived, the *most* of them, and grew up into fine, healthy men and women.

To all this there was but one reply. No doubt fashion, as well as physical considerations, had much to do with the relegation of the baby-cap to the shades, and it is, perhaps, only a question of time when we shall see it restored. It would certainly help to keep the cold from the tender little ears, always sensitive to the slightest draught of air; and the prejudice as to its raising the temperature of the head has very little foundation, because the fabric of which the cap is composed is always the lightest and finest of muslin or lace. In winter-time, especially, the cap might be a benefit instead of an injury. Earache is then a common ailment; and, *apropos* of this, we heard a mother recently describe a cap which the nurse, to ease an aching ear, was obliged to improvise in lieu of a better. It was made by doubling together a long, narrow strip

of soft flannel as we would a pudding-bag, with no seam at the top, but it was sewed together half-way up one side to form the cap, that had a funny little peak at the summit of the crown which made Baby look like a quaint little Laplander; but it answered its purpose very well.

A problem which generally vexes the busy house-mother is how to dress all her little ones tastefully and becomingly, and yet without extravagance. It is quite possible, however, to keep them neatly and always prettily dressed with time and good management. The *management* is not a severe task, but the *time*—"Ay! there's the rub." But right here helpful hands are offered, though too frequently rejected. The cares of the mother may be not a little lightened, in these days of progress, by the means of the perfectly-planned and beautifully-made clothing to be found in all our first-class dry-goods establishments; and it is strange that more do not avail themselves of the opportunity to save many a day of fatiguing labor and worry, and money as well, by purchasing the little *layettes* and wardrobes ready made. Many mothers still labor under the old delusion that these garments have a "store air," and also that they do not wear well or give satisfaction generally. No mistake was ever greater; and we write these words simply in the hope of converting and thus aiding some of the weary workers at home who yet cling to this delusion.

Economy, grace, and fitness commend their use in place of "home-made" garments. There certainly can be no doubt that neither the mother who is a novice nor the one of "experience" who sews for six, and is even gifted with the "needle knack" she is proud of displaying, can in any manner compete or compare in the work of her hands with the designers and makers of thousands of garments, in whose establishments every facility is offered for improvement, and where every novelty is carefully noted, tested, and rejected or approved, as practical ideas and utility may best decide. The styles and fabrics are judiciously selected by practised and

competent judges, and the work in every part is both neatly and correctly done. Even the plainest garments are made with the nicest care, and many houses make a specialty of a line of goods of the finest texture, but made up in a

plain, sensible manner.

As to the price, we need only examine the cost of infants' slips to show how little is the saving effected through home manufacture. A long slip for an infant, at our leading shops, begins with a plainly-hemmed one of muslin with a bit of edging at the neck and sleeves, which costs forty-five cents. A camb-



ric slip with three box-plaits down the centre and five tucks on the skirt costs seventy-five cents. These dresses grade up to the elaborate robes, for which the mother blest with a plethoric pocket-book can pay as high a price as she chooses. A little extra work and trimming here and there are added to each garment, and a proportionate advance is made in the price, a choice being thus furnished which is almost limitless; and the wardrobes and *layettes* in many shops include everything that is needful for a child from its infancy to the age of fourteen or sixteen.

Among the handsome little wraps for children from two to five years old are some made of soft, gray, ribbed cloth, trimmed with plush. These little coats are double-breasted, with shoulder-capes that reach to the waist. The coat portion is made with a French or English back, and a slight fulness of a single box-plait is added just below the waist, at the seam in the centre when the back is French, and at each of the side seams if the coat is cut with an English back. The coats are now lined with farmer's satin, with an interlining of flannel. This method of lining is less clumsy than the old-fashioned quilted lining, and is considered warmer also.

One of our readers asks if we would not suggest a design for an out-door garment, "pretty and a bit uncommon," which in the spring will be suitable both as a dress and wrap for her four-year-old daughter after it has become too warm for her heavy, fur-trimmed coat. Among the popular combination garments the "Early English" dress is both fashionable and useful. We also present here a pretty little garment from the catalogue of a leading designer—one not Early English, but decidedly late American—which is quite as stylish and unique as the other. For a child of four years it would require about three and one-half yards of material twenty-two inches wide, or one yard and three-quarters in double-width goods. A half-yard of satin or velvet is added for the hood lining and cuffs, and as much ribbon as fancy may dictate. The garment can be made of either plain or figured materials. If of the latter, a tiny pin-check in heather mixtures would be an excellent selection. A handsome fabric in monochrome would, however, be newer, richer, and also a bit more "uncommon."

A fashionable dressmaker who recently used the pattern just referred to, made the garment of golden-brown serge, with satin trimmings of a deeper shade. The only alteration made was that the ribbon at the belt was carried entirely around the waist to relieve the plain appearance in the back.

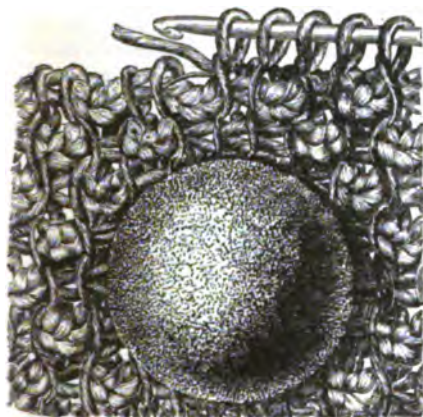
In hosiery for children the styles are simply modified reproductions of adult styles. Solid colors have the field entirely. Black is losing ground for the reason that some of the very best and most expensive stockings of this color will rub off and fade in washing with even the best of care. It is an excellent plan to immerse *all* new hose before wearing in a weak solution of salt and water, with about a teaspoonful of sugar-of-lead added. Rinse thoroughly afterwards.

CROCHETED CARRIAGE-ROBE.

THE following is a design for a carriage-robe in tufted tricot or afghan stitch, ornamented with pompons. The materials required are ten ounces each of four shades of double Berlin wool. Use a tricot hook No. 10 Walker's bell-gauge. After making a chain of the required length work the first row up and off in ordinary tricot. In the second row work up as in the first row; in working off the loops work a three-chain after every two loops. All the other rows are worked like this. The pompons are made by covering two equal circles of cardboard, hav-

ing holes in the centre and laid close together, with worsted, which you pass through the holes and over the rims until the opening is nearly filled. With a pair of sharp scissors cut quite through the wool all around down to the edges of the card; slip a piece of the wool in between the two circles; tie very close and secure; cut away the cardboard discs, and trim down the balls with the scissors. The perfect shape of the ball depends upon the centre hole being of just the right size. If this is too small the pompon will be oval in shape. These fluffy balls are cut very flat and close on one side, and this portion is sewed to the robe with a needle and double wool. The design here described is very similar to that known as the Muscovite pattern.

The robe is lined with crimson flannel and



bordered with a shell-patterned edge six inches deep, with a "lace finish."

This design is also a very good one to employ in making an antimacassar for winter use.

F.

BRAID TRIMMING.

THIS little trimming is exceedingly pretty and serviceable for infants' slips and children's underwear. It is made by crocheting an edge on both sides to a Novelty Braid either with cotton or linen thread. From three to five yards come in a piece of braid, which is inexpensive. Use about No. 26 cotton and a fine steel crochet-hook. Begin by putting in the centre crochet work first. Make a chain of eight stitches; then a group of four loops consisting of six chains each. There are three of these groups, which, as will be seen by the illustration, are all joined together above, while at the outer edge

they are spaced somewhat. Then the chain is carried along, and the braid reversed and crocheted in place by catching down the chain to it. The upper edge is then added, spacing the trebles



every three or four chain-stitches. Next add to the lower edge a row of holes and then a chain of loops, taking care to make them full in turning the points. The braid is manufactured with the fine, open edge, which is not crocheted on, as might appear.

C. M. B.

CROCHETED SHELL LACE.

THIS pretty lace edging can be used to finish off children's skirts or to decorate spreads, bureau-covers, etc. It may be made of silk, Saxony yarn, or cotton, according to the fabric for which it is intended.

(In the following description d. c. will stand for *double crochet*, and s. c. for *single crochet*.)

First Row—Make a chain of 21 stitches, turn and make 3 d. c. in 6th chain (from the end you are working on), 2 chain, 3 d. c. in same stitch, 3 chain, 1 s. c. in 4th stitch from shell, 5 chain, 1 s. c. in 4th stitch, 3 chain, 3 d. c. in 4th chain, 2 chain, 3 d. c. in same place, 4 chain, single crochet in last stitch.

Second Row—12 d. c. in 4 chain in preceding row, * 3 d. c. in centre of shell, 2 chain, 3 d. c. in same place, 1 s. c. underneath chain in preceding row close to shell, 5 chain, 1 s. c. in centre of 5 chain in preceding row, 5 chain, 1 s. c. under the chain close to shell, 3 d. c. in centre of shell, 2 chain, 3 d. c. in same place, 1 d. c. in 5th chain of last row *.

Third Row—* 3 chain, 3 d. c., 2 chain, 3 d. c. in centre of shell, 3 chain, 1 s. c. in centre of 5 chain in preceding row, 5 chain, 1 s. c. in centre of 5 chain, 3 chain, 3 d. c., 2 chain, 3 d. c. in centre of shell, * 1 d. c. in each double crochet of preceding row separated by 1 chain, taking up only the two top threads.

Fourth Row—4 chain, 1 d. c. in each d. c. in preceding row, separating by 2 chain; balance of row like second row from * to *.

Fifth Row—Like third row from * to *; 3

d. c. between each double crochet of preceding row.

Sixth Row—5 chain, 1 d. c. in top of last d. c., 1 d. c. in next third d. c., taking up

continue to *; then same as second row from * to *.

Seventh Row—Same as third row from * to *; then 3 d. c. in each three chain of preceding row.

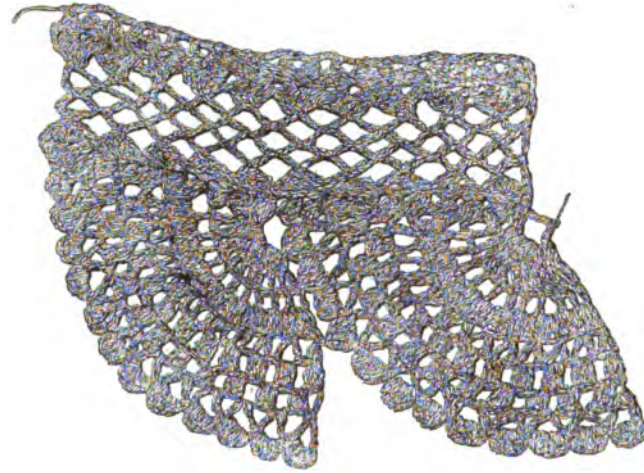
Eighth Row—3 chain, 3 d. c. between each 3 d. c. of preceding row; then same as second row from * to *.

Ninth Row—Same as third row from * to *; then 1 d. c., 3 chain, and 1 d. c. between each 3 d. c. of the preceding row.

Tenth Row—1 s. c., 6 d. c., 1 s. c., under each 3 chain; then same as second row from * to *.

In making the loop for the commencement of the next large scallop, fasten the 4 chain into the top of the first small scallop with a slip-stitch,

the last stitch of the third row into the top of the second scallop, and the last of the fifth row into the fourth scallop. AUNT RUTH.



only the two top threads, 3 chain, 1 d. c. in same place as the last d. c., 1 d. c. in next third stitch, 3 chain, 1 d. c. in same place,

A VISIT TO A DAY NURSERY.

SEVEN years ago certain benevolent women of New York City set in operation a quiet, practical charity under the name of "The Child's Day Nursery of Grace Church." Young children are received by it and cared for during the day, while their mothers are at work. The older ones are taught to read, write, and do easy exercises in arithmetic. The girls also learn to sew and to knit, and are taught to dust, to sweep, wash dishes, etc. The younger are tended, fed, and amused—in short, made comfortable and happy. Two meals are given each day to each inmate.

Complete success has attended this experiment of gathering in a too-often neglected class of babies, and saving them from hardship and illness, if not from death. The originally ample provision for annual expenditures proved after a time inadequate. The receipts for 1884 were \$3,030, while the expenditures amounted to \$3,517. To cover the deficiency a fair, liberally patronized by many leading citizens, was held in the parlors of Mrs. George S. Bowdoin,

the President of the Board of Managers. The general interest felt in the Day Nursery is gratifying for other reasons than because the object and conduct of it are in themselves worthy of all praise. The vulgar prejudice against day nurseries formerly manifested by those who should have become eager applicants for the advantages they offer seems now hardly conceivable. A single instance will illustrate how strong was this prejudice on the part of mothers: Within a dozen years a rich woman living in a large manufacturing town furnished a couple of rooms at her own expense, hired a competent matron, and caused a notice to be circulated to the effect that the young children of working-women would be cared for and fed, free of charge, while their mothers were absent at their daily labor. The situation of the house was central, the rooms airy, light, and pleasant, the high character of the would-be benefactress well known to the lower classes. Yet in three months not a single application was made for

admission. Washerwomen continued to lock up small babies for the day under the care of scarcely bigger ones, in dingy rooms, seamstresses to take home work they could have done at better prices and upon better fare in their employers' houses, and all seemed to sneer suspiciously at the new scheme. At the end of the quarter the woman of advanced views closed the rooms and dismissed the custodian. That the times have caught up with her is satisfactorily shown by many newspaper items like that which chronicles the history of the Grace Church charity.

The interior of the Day Nursery at No. 94 Fourth Avenue affords one of the pleasantest sights in New York. Cleanliness and home comfort are the first impressions the visitor receives as he follows the lead of the matron from room to room. The hardwood floors are spotless, the chairs of perforated wood, the tables of plain deal. There is enough furniture for actual use, not enough to hamper the children in their play. A cheerful, well-ventilated school-room is supplied with tiny chairs and a desk for the teacher. The house-mother does not believe in "vexing babies' brains with letters"; therefore the pupils are all over five years of age. The real babies eat on the second floor, their refectory adjoining the play-room. At the time of the visitor's entry, a few weeks ago, the noon meal was just over, the low, broad table was set back against the wall, and the chairs were removed to the next room. Upon them, in a wide semicircle, sat children from two to five years old, rosy, clean, and blue-aproned, the pinafores here and the flannel wrappers of the young infants in long clothes being the uniform of the house. All stared, most of them laughed at sight of the matron, and two or three of the least among them raised a shout of "Mamma!" but none offered to rise. It was a sort of digestive *stance*, enforced after each meal and lasting half-an-hour. The children chatted freely, some held toys, and two nursery-maids amused the younger and more restless of the twenty sitters. A cupboard full of playthings and a row of rocking-horses promised abundance of noisy fun when the quiet term should be over. "They are good-humored because well and comfortable," replied the matron to the visitor's remark upon the general good behavior. "That is always the way with chil-

dren." (An axiom that merits the serious consideration of mothers.) In the dormitories, two in number, was the prettiest sight of all. A double row of cradles in the background held newly-fed babies. Some were asleep, most of them were awake. None were fretful. Above the white coverlets showed round eyes full of satisfaction, fresh, wholesome, "sonsie" faces. In the foreground was a nurse-maid surrounded by a group of little ones who could sit alone. Each wore a big, white bib, and each opened a solemn or smiling mouth to receive a spoonful of milk-porridge dispensed from a bowl in the maid's lap. In plumpness and appetite they were young robins, without the captious chirpings of birds in their little nests. Every child under five years of age must take a day-nap in this dormitory or in the next, which is furnished with cribs. The hours for sleep are stated and obligatory, as are those for eating. The celebrated triple-headed law, "Plenty of milk, plenty of sleep, and plenty of flannel," is in full force here, and the direct results are unanswerable.

Children under six years old may be left at the Nursery by any mother whose work calls her from home during the day. The doors are open from seven A.M. to seven P.M. The youngest now in the house is two months old, but there have been some admitted a fortnight after birth. One chubby four-year-old made his first call at four months, and still comes daily. The children are wonderfully good and well, seldom requiring severe discipline or medicine. The average attendance is from seventy to eighty a day. The indirect influence of the wise regimen of such an establishment is of high value. Sickly babies, fed at home, as the matron avers disgustfully, on cabbage, pork, onions, tomatoes, stale bananas, and *pies*, when restored to health by the sanitary regulations of the *crèche*, have proved unconscious missionaries in the neighborhoods whence they came. Mothers who at first opposed with the combined force of maternal instinct and ignorance the rules governing the seasons and ingredients of their children's food, take thankfully to heart the lesson taught by the improved condition of the nurselings.

There is no appointed "visitors' day" at the Nursery—a good sign in itself—but any one can see the house and inmates at any hour of the twelve during which the doors are open.

THE MOTHERS' PARLIAMENT.

BABY'S OUTFIT FOR THE NIGHT.

To the Editor of BABYHOOD :

It is of great importance to keep a baby warm at night, and, for my own part, I found this quite a difficult thing to do, after my baby arrived at the kicking age, until I fastened her in a long flannel skirt buttoned across the bottom. The flannel is a yard long, buttoned at the waist to a Canton flannel body, and finished at the lower end with a hem, feather-stitched down. A row of button-holes, eight or nine, on the front width of the hem, and buttons underneath, shut my little lady safely in from the cold, still leaving her plenty of room to kick. In winter a high-necked, long-sleeved flannel shirt goes under the Canton flannel body ; this shirt has Mother Hubbard sleeves, tied with a draw-string at the wrist, and leaving a wide ruffle of the flannel to fall over the little hands. If a baby gets wet at night there is no danger of its getting chilled in this array, and any one who will try it—of course with lighter clothing for the body if the weather is warmer—as I did in the mountains last summer with a teething baby suffering from dysentery, will find it a great help, even in July and August. Even when one stays at home, perhaps in a crowded city, and feels, like Sydney Smith, a desire to take off one's flesh and sit in one's bones, it isn't good for a little baby to kick all the cover off, and then get his gown in a wad under his arms, with his whole body exposed to the dampness of night-air. It would be better to make Mother Hubbard gowns with long skirts, leaving plenty of room for kicking—for a baby cannot sleep comfortably, any more than you can, with no room to move in—and fasten this thin cambric garment at the bottom just as you would the flannel skirt.

It was quite a puzzle to me to know how to keep my baby warm in the daytime in winter, when still too young to wear flannel drawers. The body, of course, I could keep warm, but the little legs were the question. She had worn her flannel skirts all summer in the mountains, and certainly needed some extra protection ; so I made under-petticoats of white eider-down cloth, finished with a wide hem feather-stitched in silk. This cloth is wonderfully light and warm, is inexpensive, and washes well. The skirt must not be made full, or it will be clumsy ; one width of the goods will make a skirt for a child under

three years of age. This skirt, under the flannel, and coming, as all babies' first short clothes should do, to the ankles, keeps my baby warm.

I would like to say a word in favor of bodies separate from the skirts. Any one who has made a dozen or two little skirts at a time, with a body sewed to each one, knows the trouble as well as the extra washing required. It is so much easier to put the skirts on bands. Even for tiny babies the bodies are best. A baby dressed in this way may have wet skirts taken off a dozen times a day without the necessity of taking off the dress and the under body too, thus not only avoiding the danger of a chill or a fit of rebellious wailing, but saving the mother or nurse time and trouble as well.

GEORGIANA.

A HINT CONCERNING MITTENS.

To the Editor of BABYHOOD :

May I suggest for Baby's use mittens made without thumbs? Mine were given to me, and are crocheted, but they could be knit according to the directions given in the December number of *BABYHOOD* by setting up ten more stitches and omitting the widening for the thumb.

For first mittens I find them warmer and much easier to put on than those made in the usual way.

M. M. L. P.

ALBANY, N. Y.

CAN ALL CHILDREN SING?

To the Editor of BABYHOOD :

It would be a happier world if every one could sing. And as the question of singing or not singing is settled for most of us in the first five years of life, and since if all children are taught to sing in that time they will all be singers, may I not venture to offer in *BABYHOOD* a sketch of the method by which I have taught my nine babies to sing?

Let us fully recognize that from the age of one year to three or four children are chiefly imitators, that their whole mental power is devoted to doing what they see and hear others doing, and let us act accordingly ; for this is the golden season for sowing the seeds of most of the physical accomplishments of the whole life. I will simply speak of the one line of vocal training.

A child of twenty months is seated on my knee facing me. I hold both hands, and tell it to look straight at my mouth while I say *a* (Italian). Instantly the mobile lips take the proper shape and the soft note comes back pure and clear, and so with half-a-dozen of the open sounds. This is enough for one lesson. The child has for a few moments been intensely hard at work and is weary, but it is delighted with the fact of accomplishment. I have found a ten-minute exercise once a week to be generally enough at this stage. In later lessons the simplest labials—*p*, *m*, *b*, etc.—those sounds in whose utterance the movements of the mouth are most pronounced are mastered, then the linguals—*t*, *d*, etc.—as the child learns itself the conscious use of the tongue; and finally the more difficult palatals and gutturals, *k*, *g*, *x*, etc. In the course of a year it will be found that there is not a vocal sound but the child can return it pure and clear as from the lips of its teacher, and that its ambition is roused and it clamors for its "lesson" in far different voice from its older sisters and brothers. As soon as the foundation of control over the vocal muscles is reached I begin with the musical notes—first the single note for a lesson, then the first and fifth, then the first and third and fifth, and finally the octave; for a child's voice at first has almost no compass and is easily strained, and the progress must be very slow to be safe. Then the intermediate notes, the child in all doing nothing but imitate, sitting directly before me and looking intently at my lips. After a couple of years, ten minutes once a week, the child—any child, I believe—will have gained a compass of a full octave, and can give back any two notes, or even three notes; and in another year it will sing the scale with a pure, birdlike tone delicious to hear. This is the foundation. From this start all things are possible. It is a seed-time, when everything that is put into the child's mind germinates and is multiplied manifold. From the simple letter sounds and musical tones is developed a love for harmony and sweet sound, and instead of the sharp, nasal voices of the typical American children we can produce a sweet-voiced child whose spoken words are pleasant to listen to. It is a good thing to be able to say of our daughters, as Lear did of Cordelia:

"Her voice was ever soft,
Gentle, and low—an excellent thing in woman."

R. M. A.

NEW JERSEY.

LITTLE MISHAPS AND THEIR REMEDIES.

To the Editor of BABYHOOD:

The following simple directions may be of use to others, as they have often been to me:

Little hands are not always clean, even with the most careful of nurses to look after them. Sometimes, while papa or mamma is absorbed in a book, down comes the dear little finger on the page, and, alas! leaves a great spot of grease behind it. This may be removed by immediately applying chalk on each side of the spot. Rub off carefully on the following day.

Fruit-stains can be removed from table-linen by washing, without soap, in a solution of one part of chloride of lime in twelve parts of water.

Linen that has grown yellow with being long put by can be bleached by washing several times in buttermilk, or by letting it soak in buttermilk two or three days.

Fat-spots are easily removed from linen by means of soda.

Little one, when allowed to sit at the table as a treat, sometimes does mischief. He may upset a glass of red wine and put an ugly stain in the table-cloth. Do not scold the frightened little fellow, who is ready to cry, as it is, at the crash of the falling glass, but pour oil on the troubled waters by spreading butter on the stain, which will insure its washing out easily. A. F.

NEW YORK.

HERBERT SPENCER ON EDUCATION.

To the Editor of BABYHOOD:

Will you not in BABYHOOD recommend all mothers to read Herbert Spencer's little work on "Education"?

They will find much there, clearly and simply stated, that they have sought for, and much that they have never thought of and that will prove of untold value.

If abstracts could only be published in BABYHOOD of his three chapters on Intellectual Education, Moral Education (especially), and Physical Education, a good work would be done.

MRS. CRANE.

475 ADAMS ST., CHICAGO, ILL.

"MAMMA WILL SPANK YOU."

To the Editor of BABYHOOD:

"Come in this minute out of the cold or mamma will spank you with her slipper!" This sadly common though not over-delicate threat was the first sound that saluted my ears a few mornings since as I opened the window to air

my room. It was addressed to Gracie, a baby-girl of nearly three, who had emerged from the house next-door, and was standing—a sweet little picture—at the gate. I turned from the window, but presently a slight tussle, the banging of a door, and soon a few ringing slaps followed by a sharp cry told me that Gracie had not chosen to “come in out of the cold,” and that, consequently, the slipper had done its work. It also informed me that Gracie’s mother was in a fair way of spoiling her little daughter. She expected to be disobeyed, else why did she threaten with the slipper at the very beginning?

In the management of Gracie, whippings, although probably not severe ones, were employed as an agent to induce obedience; but the threat of one did not take the little child out of the cold one moment sooner, so what was the use of it? Would it have taken Gracie’s mother much longer to have brought a cloak and hood, and wrapped the darling up so that she could have enjoyed her little outing at the gate, than it did to get the slipper in readiness, go out and carry the child in, administer the whipping, and then, possibly, soothe the little sobs? And if it was really necessary for her to “go in” at once, ought not the first call to have been one of kindness, to be followed by deserved punishment if unheeded?

MAGGIE W. HUGHAN.

BROOKLYN, N. Y.

A NORMAL CHILD.

To the Editor of BABYHOOD:

Every mother is interested in facts relating to the successful management of children. A case has come under my notice which is useful in throwing light upon the question whether a professional life need interfere seriously with the duties of a mother.

A lady, preparing for the medical profession, within two months of the birth of her child passed her first examination. For months previously she had been engaged in severe study. The child at birth was puny, weighing only four pounds and a half. Fortunately both mother and child were judiciously treated by a physician who has very enlightened views of the necessity of beginning at the beginning with the formation of good habits in a child—never, for instance, allowing it to be awakened for the sake of feeding or washing it, regulating carefully the time of nursing, etc.; so that when the mother took charge she had only to call into action the excellent common sense with which she is gifted. That child is now two and a half

years old, the happiest, merriest, most sensible, self-dependent little creature one can wish to see. Her digestion is perfect, her body sound, her mind bright; she hardly knows the meaning of tears, has never had a day’s illness, excepting an attack of bronchitis, never frets, and can be left to amuse herself happily for three hours at a time.

When she was seven weeks old her mother resumed her studies. Everybody told her she could not attend college and do justice to the baby at the same time. She said, “I mean to try,” settled within two blocks of the medical college, and systematically carried out the most sensible directions she could find for the child. Medical authority had stated that an infant needs feeding only every three hours. The mother nursed her child at nine in the morning before going to class, and left her (under charge of a young maid) in her cradle till she returned at noon. After giving it a good meal at one the child was again left until four. At seven in the evening it was nursed again, and the mother can remember no occasion of its waking up before two in the morning. Then it received the breast, and slept till eight. The mother’s studies continued uninterrupted, and she has become a practising physician. The child was weaned at a year old, and fed upon milk and crackers, *never* oftener than once in three hours, having never eaten or cared to eat between meals. The first intimation the little one gave of the presence of a tooth was by biting her mother when two little pearls were already through. She goes to bed at six, and nothing is heard of her till morning.

Now, people may say, as is said of other well-managed children, that she was “born good”: but the fact is, she came into the world an unusually weak and restless creature. She has simply been judiciously let alone. She has not been troubled with colic, was never rocked to sleep, never dosed, slapped, and tossed and screamed at, but simply fed, washed, and let alone. Common sense, too, has dictated her dress. She wears a merino combination garment which reaches from neck to ankle, little white over-garments, and a high-necked flannel frock. She runs anywhere and never catches cold. Much more could be written of her, but enough has been said to prove the value of systematic management, and to prove that a sensible mother can do her duty to her child and attend to the calls of an arduous profession at the same time.

JANET E. RUUTZ-REES.

NEW YORK.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, APRIL, 1886.

No. 5.

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

BABY'S DAY-NAP.

THE dread of treatises and technicalities is so bound up in the heart of the average woman that I dare not insert a quotation so apt and lucid as that which is the text of this chapter without prefatory apology.

Before copying it, or beginning our "Talk," let me express regret that so few women have even a smattering of physiological knowledge. Books that describe and treat of diseases and nothing else are edged, and often poisoned, tools in the hands of the unlearned. Much study of pathological literature breeds nervous alarms and hypochondria. But it is sinful folly to be ignorant of the machinery of one's own body and the laws which govern its working. The objection to reading what are familiarly known as "doctor's books" should not exclude valuable works on hygiene and anatomy prepared expressly for non-professional readers. Mothers, in particular, should rid themselves of the common error of confounding the care of health with remedial measures. Many—and not always the illiterate—never think of the former apart from the latter. A vast amount of evil results from this confusion of thought.

Now for our quotation from a popular writer on physiology (late deceased):

"The mysterious process which physiologists call 'metamorphosis' of tissue or interstitial change is the means by which in the human system force is developed and growth and decay rendered possible.

It is merely the replacing of one microscopic cell by another; and yet upon this simple process hang the issues of life and death, of thought and power. . . . From birth to adult age the cells of muscle, organ, and brain that are spent in the activities of life, such as digesting, growing, studying, playing, working, and the like, are replaced by others of better quality and larger number. At least such is the case where metamorphosis is permitted to go on normally.

"*Infants must have sleep for repair and rapid growth, children for repair and moderate growth, middle-aged folk for repair without growth, and old people only for the minimum of repair.*"

All this is so simple and sensible that an intellect would have to be obtuse indeed not to comprehend its bearings.

I knew a young girl of artistic taste and eager love of learning, whose bodily health had always been perfect, who was taken abroad at eighteen by a veteran tourist. The novice was rushed through picture-galleries, cathedrals, historic ruins, up the Rigi and down the Rhine, a breathless whirl of sight-seeing for three months without the intermission of a day. Delirium of delight was the first consequence of the mental feast; then came nights of excited dreams, in which she was dragged through labyrinthine corridors hung with pictures and blocked up by statuary; next, agonizing insomnia, haunted by visions of what she had seen by daylight; finally, brain-fever, that nearly cost her her life.

Our Baby is thrust, without appeal to his volition, into a world which, for the first five years of his life, is little else than a vast pic-

ture-gallery. We have a saying that he takes in knowledge at the pores, leaving out of sight the important consideration that this absorption is an intellectual process made up of the three stages of effort, acquisition, and reaction. He is all *sensorium*. In two years, or in three at the farthest, he masters the vernacular of the foreign land into which he has come; becomes familiar with the names and uses of hundreds of articles; makes acquaintance with the persons and dispositions of a strange people whom at first he understands as little as they do him; learns to walk, run, and play—and goes through every one of these processes with his whole heart, soul, and might.

From the rapid review of Baby's tasks and his style of performing them, we return, enlightened into solicitude, to the phrase, "*repair and rapid growth*." For wasted tissues and restless, teeming brain, Nature offers the restorer sleep.

It is not only because Baby is young and tender that he gets tired and cross before his guardians have begun to warm to the work of the day. He is the busiest member of the domestic force. Comparing his strength with yours, you may reckon that you would have paced ten or twelve miles of floor, composed and delivered an oration (with due regard to foreign idioms) on current events, and examined critically two or three hundred pictures, besides being opposed in a dozen designs and methods, in the four hours that separate breakfast-time from his mid-day nap. The need of the restorer is, you perceive, imminent. The rule for securing it is plain: Fix an hour for Baby's *siesta*, and allow nothing to interfere with it. As it approaches take him upon your lap and prepare him for it, as if night had come; as, indeed, it has to the little Mercury, whose day is bright and short. He may be unwilling, even recalcitrant. Take contumacy as additional evidence that sleep is imperatively demanded. Remove his clothing, including shoes and stockings, and, in cold weather, array him in a loose flannel gown; in summer, in one of linen or cotton. Neither child nor adult ought to lie down to sleep with a close

band or bodice encasing lungs, stomach, or limbs. Sponge Baby's hands and face with tepid water, and do not give him a heavy meal that would tax the digestive powers. Lay him in crib or cradle in a darkened, quiet room, as far withdrawn as may be from all disturbance. If stillness cannot be had short of the topmost story of the house, carry him up to that. Were he ill, you would grudge no pains that promised to buy for him respite from suffering. Half the care you would, in such a case, account a privilege will insure dreamless slumber that will relax the tense nerves and soothe the heated brain as with heavenly dews. Interdict all entrance to the chamber while the blessed work goes on. No other member of the family will suffer wrong in mind, body, or estate if slamming doors and sudden shouts in the vicinity of the sleeper be positively forbidden. Baby is being made over as good as new. The day is approaching, all too rapidly, when you cannot compass this end for the growing boy—the grown man.

"Cross babies never sleep well" is a nursery maxim that, like many other accepted formulas, is truest when read backward. Ideas get mixed in the tongue's slovenly jumble of cause and effect. The question is sometimes asked, "If my child will not sleep in the day, after I have made him lie down and taken proper measures to promote slumber, what is to be done?" Admitting, as I am loath to do, the "will not," your duty remains unaltered. To borrow a bit of slang, go through the motions faithfully. If the eyes still refuse to close, console yourself with the reflection that the child's brain enjoys at least partial rest. It is better for him to lie awake in a dim room for an hour than not to rest at all. Furthermore, the method of regular hours, if patiently adhered to, will in the course of time induce a habit of somnolence.

Should the noonday nap be long—say two hours in duration—few children above the age of two years will require a second, the early bed-time falling in season to furnish the next period of profound repose. The yearling usually takes an afternoon sleep—a

mere sip of refreshment at the end of another half-dozen miles. Establish an hour for this should you observe that when he does not have it Baby is cross and "worries." If allowed to fix his own time, he will probably resist the drowsiness until so late in the day as to interfere with his night's rest. Loosen his clothing before laying him down, removing the outer garments, shoes, and stockings before slipping on the loose gown. It is a little troublesome to be obliged to dress him at his awakening, but the gain in comfort to him warrants the time and care given.

Impress on the minds of the inmates of the home that it is really important to carry out your wishes with regard to your child's daylight rest. They should be as strictly respected as the regulations governing the times and order of the family meals. Punctuality on this head is of incalculable moment, if we pause to forecast the consequences of the failure to supply material to meet "repair and rapid growth." The longer nap of to-morrow does not atone for the loss of to-day.

NURSERY COOKERY.—NO. 5.

MANY chapters, filling far more space than that allotted to this department of BABYHOOD, would be required for exhaustive treatment of the porridge family. The management of the ingredients entering into the various preparations known under this name is substantially the same with all. The milk must be fresh, the water clean and boiling, and never cooked in iron or copper; the cereal which gives name and character to the mixture should be good of its kind, not sour, musty, or stale; each sort of porridge should contain a *little* salt, and the whole be carefully boiled in a vessel set within another holding boiling water.

This last rule is absolute. The most vigilant watch and faithful stirring are sometimes ineffectual to prevent the dreaded "catch" of boiling milk on the bottom of the saucepan—a "catch" that means scorch, and an instant change in the substance acted upon.

CORN-STARCH PORRIDGE.

One even tablespoonful of corn-starch, wet up with a little cold water.

One cup of fresh milk.

One cup of boiling water.

A pinch of salt.

Add milk and salt to the boiling water; put in the paste, and stir ten minutes over the fire. Sweeten very slightly, and give to the child when rather more than blood-warm.

The matron of one of the most successful day-nurseries in New York feeds the hundreds of infants left with her every year with this porridge, and reports that it more rarely disagrees with them than any other kind of nourishment. But it is made from the best ingredients and cooked under her own eye.

RICE-FLOUR PORRIDGE.

This is made in the same manner and with the same proportions, but ought to be cooked longer—say fourteen or fifteen minutes. It is very nourishing, and may be often used with excellent effect for children who have a tendency to looseness of the bowels.

INDIAN-MEAL PORRIDGE.

Two teaspoonfuls of Indian meal and one of wheat flour, wet to a paste with cold water.

One cup of boiling water.

One cup of fresh milk.

A liberal pinch of salt.

Set the boiling water over the fire, salt, and stir in the wet paste. Cook twenty minutes, stirring at intervals; add the milk, and let it simmer ten minutes longer, stirring up well from the bottom four or five times. Strain through a colander to free from lumps, sweeten slightly, and give while warm.



THE ACCIDENTS AND INJURIES OF CHILDHOOD, AND THEIR PROMPT TREATMENT.

BY JEROME WALKER, M.D.,

Senior Physician to the Brooklyn Seaside Home for Children at Coney Island.

No. II.

LOSS OF CONSCIOUSNESS.

PROBABLY nothing so much alarms a mother as to suddenly perceive that her child cannot recognize her. She may be able to retain some degree of composure as she sees her darling pass from one convulsive fit into another; but if the child, from any cause, suddenly loses consciousness, her agony becomes extreme. There is the dreadful possibility, when we do not receive a smile, a nod, or a clasp of the hand, that all may be over, that death has claimed the one we love; and yet much of this anxiety is in most cases groundless, and directly interferes with any efforts towards resuscitation that may be required.

Partial or complete loss of consciousness is due to some destruction or, more frequently, to some derangement of the working powers of the brain. The brain is, in reality, largely influenced in its workings by the general condition of the body. Much depends, for example, upon the kind and quality of blood sent to it. In childhood more than one-fifth of the blood manufactured in the body and circulated by the heart and blood-vessels passes through the brain and is utilized by it. If this amount is gradually diminished, one result is a gradual loss of memory and the power to concentrate thought. If it is suddenly diminished by a spasmodic contraction of the heart, which is the per of the blood into the bra or less complete loss of cor

If the blood contains a poison, such as the so-called malarial poison, its circulation through the various portions of the brain of a young child is liable to excite convulsions. Exactly how the poison acts has not as yet been established; neither can we tell how it is that unconsciousness, more or less complete, may be the consequence of violent emotion in children. It is much easier to account for the insensibility that results from a shaking together of the various parts of the brain—*i. e.*, "concussion of the brain" from falls and blows, or for that stupor, which follows the breaking of a cerebral blood-vessel. In such instances the delicate material which actually originates nervous power is more or less destroyed, and nervous impulses and sensations are retarded.

Fortunately unconsciousness in children is frequently merely the result of some slight functional derangement, which may be easily removed; often it is some irritating substance in the intestinal canal or other part of the body, which can be acted upon mechanically, or by the aid of medicine. The conditions attended by a loss of consciousness may be classified as follows:

Syncope, or fainting, due to a weak action of the heart and an insufficient supply of blood to the brain.

Shock, or lowered vitality, resulting from intense emotion or following severe injuries.

Asphyxia, or the insensibility caused by obstructions to breathing and by the circulation in the brain of blood imperfectly purified by the oxygen of the air.

Narcosis, or the profound insensibility caused by opium, alcohol, and other narcotics circulating in the blood.

Stupor, following epileptic and other forms of fits, as well as sunstroke and concussion.

SYNCOPE, OR FAINTING.

When a person faints the pulse is feeble, and commonly the face is deadly pale. If we could see the brain we should probably find that pale, also, from a deficient amount of red blood. Children with functional disturbance of the heart, nervous children, and those afflicted with actual heart-disease are most liable to faint. A child in this state should be placed as soon as possible on the back, with his head low. If he be seated in a chair, merely tipping the chair backwards will sometimes give relief. Let a clear space of several feet be at once made about him, and give him air by opening a window, or by creating a draught with a fan; but do not allow him to become chilled if you can avoid it. Loosen the clothing about the neck, so that breathing is not impeded. Stimulate the nerves of the throat and face to action by sprinkling the face with cold water, and by the vapor of the aromatic spirits of ammonia, or smelling-salts, held to the nostrils. Usually faints, or fainting "fits," as they are sometimes called, rapidly pass over; often so quickly that if a doctor is sent for his services on arriving are no longer needed. Sometimes, however, this is not the case. In addition, therefore, to the measures already indicated, it is well in such instances to give internally, every three or five minutes, a sip of a mixture of aromatic spirits of ammonia and water, one teaspoonful of the spirits to ten of water; or if the ammonia is not at hand, a very few drops of an alcoholic stimulant—brandy, whiskey, gin, or wine. For many reasons the ammonia is to be preferred. I have known alcoholic stimulants to be given in such quantities by anxious friends at these times as to intoxicate. Stimulants are to be cautiously used, and caution must be observed in all efforts to restore the circulation. Chafing the skin of the hands, feet, and forehead, or the application of mus-

tard or onion draughts, may easily be overdone. I have known of little children recovering from a faint with hands and feet red and tender, their bodies aching, and large blistered surfaces over the chest or at the back of the neck.

SHOCK, OR COLLAPSE.

This condition differs from syncope in that not only is the heart's power enfeebled, but all of the vital functions are benumbed. The person may be conscious, though very weak. It not only follows severe physical injuries and loss of blood, but is a concomitant, sometimes, of great fear and sorrow. The senseless frightening of little children by threatening them with the doctor, the dentist, the visits of the evil one, etc., is responsible for many cases of shock.

In this condition the face is pale, the skin cool and sometimes moist. The pulse is feeble, and the patient is sometimes inclined to be restless. The danger is that with the lowered vitality, if quiet of mind and body be not restored, the vital flame may be extinguished. As in fainting, the patient must be gently put into a recumbent posture. Fresh air also is necessary, but there is a risk of the body being chilled, as in shock the natural heat is rapidly reduced. Keep the feet and body warm by bottles or bags of hot water and fleecy blankets. No attempt should be made to move the patient unless he is manifestly growing stronger. Excitement or rough handling may seriously delay recovery. Sometimes children are worried into a very weak state by kindly meant but unnecessarily persistent questionings and attentions. Ordinarily shock is more serious than fainting, as it indicates a more susceptible heart and nervous system, and, though the measures for relief are practically the same, they are to be continued for a longer time and more gently, with the chance that they may need to be repeated. This is especially true of the stimulation by ammonia or alcoholics. It is in just such conditions as shock that the child needs a gentle but firm a" whom he loves and very rear

querulous, nagging, or frightened person will cause the child to cry or fret, which may augment the danger, while one who understands and loves children will soothe him.

ASPHYXIA, OR SUFFOCATION.

Though the term asphyxia really means an absence of pulse, and is sometimes indiscriminately applied to all cases of suspended animation, yet by a sort of common usage it is limited to complete or partially suspended animation caused by suffocation—*i.e.*, the cutting off from the lungs of air and the consequent circulation of impure blood, if the heart continues to beat. Such suffocation may be caused, 1st, by foreign bodies in the air passages; 2d, by strangulation; 3d, by inhalation of irritant gases, and 4th, by submersion, as in drowning. The measures for the relief of suffocation are in general the same for all these forms. 1st, remove the impediment to breathing, whether gas, clothing, outward pressure, etc.; 2d, give air; 3d, excite respiration and warmth; 4th, stimulate the waning vitality; 5th, induce rest and quiet.

FOREIGN BODIES IN THE AIR PASSAGES.

Little children sometimes accidentally swallow buttons, pins, pieces of paper, rubber tips to lead-pencils, fish-bones, or any one of a number of things which are readily put into the mouth. A baby left to himself will soon find something to pick up. I remember well once finding on my rounds in an institution with which I was connected a child about one year old lying in its cradle on its back almost suffocated from a piece of bologna sausage in its mouth which the mother had perhaps supplied to quiet it. Buttons and ravelings of rags children delight to play with; and it is not uncommon for them to put beans, buttons, etc., into the nostrils. Some of these things swell and cause pain, but they are generally easily removed by the surgeon. It is hardly permissible for the child's guardian to do more than try to make the child sneeze or blow the nose violently to dislodge the offending substance. The nostrils are so arranged with their inward projecting shelves

of bone that for the novice to attempt to hook out foreign substances which may have become wedged under or about them is to run a great risk of seriously injuring the delicate lining membrane of the nose. It seldom happens that any foreign substance passes through the nostrils into the throat. If it should happen, of course the danger to breathing would be the same as if the obstructing matter had reached the throat by the mouth. When anything has lodged in the wind-pipe or its doorway, the larynx, the danger of suffocation is imminent, and if the substance cannot be promptly removed by the finger, the child should be held feet upwards for a moment and smartly slapped upon the back once or twice. This procedure may be repeated if the foreign body is not promptly ejected, but in the meanwhile the nearest physician should be called in. To give emetics is of little avail, and wastes valuable time. If the body has not lodged in the windpipe, but in the folds of the throat, or in the tube behind the windpipe—that is, the œsophagus, leading to the stomach—the suffocating symptoms are less threatening, and attempts can be made to reach the substance with the fingers. Gentle handling is necessary. Tweezers should not be used unless the object is in sight. Rough handling or repeated attempts to make the child vomit will be liable to excite acute inflammation, or may cause a substance doing comparatively little harm in the œsophagus to be thrown up into the larynx and to produce suffocation. It is usually safer to let smooth and round articles pass into the stomach, where soft food will prevent them from injuring the walls of the stomach or intestines. If they are not passed by the rectum naturally, in the course of twenty-four hours a dose of castor-oil or sweet-oil will be of service. It may be stated here that when emetics are necessary the following, given every ten or fifteen minutes, are serviceable—*viz.*: one teaspoonful of syrup of ipecac, or a teaspoonful of a mixture of warm water and mustard, in the proportion of one tumblerful of water to one teaspoonful of mustard, the mixture being thoroughly stirred.

Under the head of "Foreign Bodies in the Throat" the condition known as "holding the breath" may be placed. The child is suddenly frightened in the midst of a crying-spell or is unable to control the cry, which becomes more and more violent and spasmodic. He becomes black in the face and convulsed. As the spasm of the muscles of the throat (which has been responsible for the stoppage of air) tightens, the child, limp

and pale, lies in your arms like one dead. An ignorant person in charge may close the nostrils in order to force the child to breathe by the mouth, but this operation is both cruel and dangerous. What is necessary is to excite to action other muscles than those about the throat by blowing into the face or dashing cold water upon it. Afterwards, abundance of fresh air and rest, and in some cases stimulants, are necessary.



TRUE OR MEMBRANOUS CROUP.

BY JOHN H. RIPLEY, M.D.,

Professor of the Diseases of Children at the New York Polyclinic.

TWO elastic fibrous bands, acting like folding-doors, are placed at the top of the wind-pipe (larynx), and are called the "vocal cords." They are never completely closed in life, but have a limited to-and-fro motion during respiration. A long, narrow opening, varying in size according as they recede from or approach each other, is left between them, through which all the air that we breathe must pass in order to reach the lungs. All kinds of croup obstruct this opening, and, consequently, produce difficulty of breathing. In spasmodic croup this takes place through the spasmodic action of certain muscles bringing the cords too near together. The disease we are now considering, "true croup," "membranous croup," or "diphtheritic croup," as it is variously termed, differs from "spasmodic croup" in almost every respect. It is called *membranous* croup, because the essential characteristic of it is the formation of a thick, tough membrane in the throat, especially on the vocal cords, more or less completely closing the opening in the larynx described above and shutting out the air from the child's lungs.

It is called *diphtheritic* croup for the same reason, diphtheritic meaning membranous. It is called *true* croup, in distinction to croups caused by spasm or other impediments in the larynx without the formation of a false membrane. It is one of the most fatal diseases of infancy and childhood. For the last twenty years it has been especially prevalent in our Northern States. During the last five years a yearly average of eight hundred children have died of it in this city alone! It is most frequent, perhaps, in children between two and six years of age, but it often occurs in infants under a year old, and even old age is not entirely exempt. Washington is said to have died of croup.

Unlike spasmodic croup, this disease not infrequently fastens upon its victim so slowly and insidiously that the unapprehensive parents are only aroused to a true appreciation of the danger a few hours before death occurs. There is, however, a stage of warning, unmistakable to those who have once had the sad opportunity of watching the pitiless course of a genuine case of true croup.

The first symptom that attracts atten-

is the characteristic dry, barking cough. Its quality is so peculiar that it hardly admits of comparison. Perhaps it resembles more nearly the quiet bark of a small dog than any other well-known sound with which it could be compared. Often preceding it, and always accompanying it, is a certain amount of hoarseness of the voice. This may be all that is noticeable to the parents for two or three days, unless they have had experience or are unusually observant. At first the hoarseness is barely perceptible, but soon it becomes so predominant as to completely change the sound of the voice, and the breathing now begins to be a little noisy. The cough grows more dry and barking and more frequent. Any little exertion now excites two or three coughs. But the child is still running about the house, absorbed in its customary amusements, in happy ignorance of the terrible struggle in which it must soon engage. A little later is added another symptom, and it is this which first excites alarm in the inexperienced. *Attacks of difficult breathing* supervene. These usually occur first in the night-time and somewhat resemble those of spasmodic croup, but are not so prolonged. It is important to state that, in the early part of this disease especially, the symptoms always increase in severity from early evening till morning, and abate again from morning to nightfall. But there is a still more important characteristic of the disease. *Each succeeding day finds the patient worse than on the previous day.*

Now, about the third or fourth day, according to the age of the child, the disease is fully developed. The voice is toneless or whispering; the cough is husky, constant and harassing, and the breathing is rapid and stridulous, and may be heard in the halls and rooms at a distance from the patient. The face is expressive of suffering and the lips and eye-balls are getting blue. Toys can no longer divert the child's attention, and it is restlessly tossing about the crib or twisting uneasily in its mother's arms. Now it is plain that this is the dread malady, membranous croup, and that it is slowly strangling its victim. Even the oracle of

the neighborhood is appalled at the gravity of the case and dares no further advice. But one scene more, and then comes the end. The restlessness and fruitless struggles of the child gradually lessen; it looks appealingly from one to another, as they approach its bedside, but it is abandoning hope. It reaches out its little hands toward its mother, perhaps, as she bends over it, but wearily and from habit. It is only after urgent coaxing or by compulsion that it is induced to take food, for it has already learned from experience that each swallow of liquid taken must be at the expense of a momentary stoppage of the all-important respiration. Little by little the poisoned blood, deprived of its oxygen, is benumbing the senses. The child no longer throws itself about seeking relief. With pale, clammy features, dull, half-closed eyes, heaving chest, and clouded brain, its breath grows shorter and more shallow, until a piercing shriek from the agonized mother announces that all is over.

Such is typical, fatal membranous croup, left to itself; such is too often the result, even when most skilfully treated. Typical cases are, however, by no means the only ones seen. But there is neither the space in *BABYHOOD*, nor would it be altogether profitable to its readers, to discuss the various exceptional forms which the disease may assume in its earlier manifestations. An ordinary cold (apparently) may precede the croup, or its onset may be more rapid and severe than I have described, especially in infants; but by far the most common exception of later years has been for diphtheria of the nose or throat to precede the croupal symptoms. In the latter case, as a rule, of course a physician will have been called early, who will have forewarned the parents of the dangers. One characteristic, which rarely essentially varies when once the croupy cough and hoarseness have set in, is this: *The child gets worse from day to day.* In this respect true croup differs from another disease (catarrh of the larynx) which, in many respects, closely resembles it.

In regard to the nature of this terrible disease a large majority of the physicians of

the present day believe that it is a form of diphtheria; hence the names "true croup," "membranous croup," and "diphtheritic croup" all mean the same disease. It is of the most vital importance that parents, especially mothers, should understand this; for, although there is probably no reader of this magazine but knows full well how very contagious diphtheria is, there may be many who have never thought that membranous croup is contagious.

Ignorance of this fact has cost many a child its life; *disbelief* of it has sacrificed many more. It is therefore incumbent upon parents who have young children, not only to guard against exposing their children *directly* to this contagion, but to avoid all such exposures *themselves*; and they should see to it that visitors to, or attendants upon, such cases be not allowed to meet with their children. One illustration of the consequences of indirect exposure will suffice. An infant in a family of three children fell ill of diphtheria. The disease at first promised to run a mild course, but croup complicated it after a few days, and at the end of a week the child died. A few days later its sister, several years old, who had been isolated from the sick child, was attacked with membranous croup, and she, too, died. The third child, an older sister, soon after sickened of diphtheria, but recovered. For several days the physicians sought for the source of the contagion to the first child, in vain. Finally they ascertained that the baby's nurse, who had been in the family but a short time, had come directly from another child which had died of membranous croup! The unfortunate mother was told this by the family when she went to inquire as to the character of the nurse, but she was assured that "that kind of croup isn't contagious." These two last deaths were directly chargeable, as the three physicians in attendance believed, to disbelief in the contagiousness of membranous croup.

There is the strongest circumstantial evidence to show that diphtheria and croup are often contracted by families moving into tenements and houses out of which other

families, recently affected with these diseases, have moved. How long the contagious element may remain in an apartment or in clothing is not known; certainly for two or three months. The best disinfectants are thorough washings and cleanings, and the free and prolonged exposure to out-door air. Cases of croup will occur from time to time in this climate in spite of all precautions, but fewer would exist if parents were fully aware of the dangers from contagion, and consequently more energetic in the practice of precaution. It may not be necessary to add specifically, after all that has already been said, that in case one child in a family of children be taken sick with true croup the others should be completely isolated from it, and, if possible, removed entirely from the same dwelling. Certain sources of contagion are hard to escape, as, for instance, in this city, under existing laws, those ever present to children attending schools—particularly the public schools. Whenever a child complains of sore throat an examination should at once be made by whichever parent is the best authority—generally the mother—and if any suspicious white patch be seen on the tonsil or other parts, a doctor should immediately be sent for. Some mothers become quite expert in examining throats, and when they err it is generally on the side of caution. In a large number of cases of croup, however, nothing characteristic can be seen in the throat throughout the whole course of the disease—the membrane being only in the windpipe—and the nature of the sickness is known only by the cough, hoarseness, etc., as has been stated already.

Aside from the spread of croup by contagion, little is known as to its cause. The popular belief that children with short necks and fat bodies are more liable to croup than other children, or that it is any more fatal with them if they do get it, is, of course, absurd. The disease is much more prevalent in winter than in summer, especially during thaws. Continuous cold, crisp weather checks its spread. Foul gases from sewers and cesspools, and exhalations from freshly upturned soil containing decomposing animal

matters, sometimes, apparently, cause it. Hence, exposures to these poisons should be avoided.

In regard to the treatment of this dreadful malady little can be done by the parents. The most important thing they can do is to send at once for a doctor as soon as the child shows symptoms of croup. Happy, indeed, may they feel if, on his arrival, he finds that a mistake in diagnosis



SILVER TUBE USED IN
TRACHEOTOMY.

has been made. In the mean time, while they wait for the doctor they can saturate the air of the room in which the child is with steam by means of kettles of water placed on the stove. It will also be well to apply a hot poultice to the child's neck. And now one word as to the surgical treatment of croup. It not infrequently happens that all medicines fail to arrest the progress of the disease, and, as a last resort, an operation is proposed. This consists in making an opening into the windpipe in the neck, below the place where the membrane has formed, and

inserting a silver tube into this opening. The child now no longer breathes through the mouth and nose, but the air enters the windpipe through the silver tube; this being below the obstructed part, perfect relief is at once afforded. In case the child recovers the tube is removed, the wound heals, and only a small scar remains to tell the story. More children are saved by this operation (called tracheotomy), probably, than by all other means combined, and yet there are many parents who prefer to see their little ones die a horrible death from strangulation to giving them a chance to recover by surgical treatment. This is owing to misapprehension and want of knowledge on the subject. The operation itself is painless, because the patient is first made insensible by chloroform. The wound made ordinarily gives very little pain afterwards, as we know from the testimony of children operated upon who were old enough to describe their feelings. Of course it is not always successful, and some even die a painful death afterwards, because the disease is prolonged until the membrane forms further down in the windpipe, below the point reached by the tube. But in such a case, even, it ought to be a consolation to the parents to know that they left nothing undone while trying to save their child.

ISOLATION IN CONTAGIOUS DISEASES.

BY L. EMMETT HOLT, A.M., M.D.,

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OF the advisability and even necessity of separating children suffering from contagious diseases from those who are well there can be no doubt. While every intelligent person believes this in a general way, there are points in the carrying out of this principle which are not sufficiently well understood, or the importance of which at least is underrated.

How complete a seclusion should be insisted upon? How long should this be maintained? Should the same rules be applied to mild and severe cases? Supposing

circumstances to be such that isolation is out of the question, can anything be done to diminish the danger of spreading the disease?

These are practical questions for every mother, as well as every physician.

First, then, how complete should the isolation be?

In answering this question we shall confine ourselves to the consideration of scarlet fever, diphtheria, and the severer types of measles. In these cases the isolation must be absolute. A room in the top of the house is usually best adapted for a sick-room. Ex-

cepting the persons actually required for attendance on the sick, all the rest of the household must be positively excluded. Nor should those in attendance be allowed when off duty to mingle with children, or even with adults. Bed-linen and clothing from the sick-room must not be washed with any other. Nothing that is used about the patient should be used elsewhere. This includes dishes, wraps, playthings, books, and hosts of other minor things which have often proven carriers of infection. •

The more severe the type of the disease the more rigidly must all these measures be carried out. In case of malignant scarlet fever and diphtheria all well children had best be removed from the house. The proper method of disinfection is an interesting and important topic. I can only touch upon it here. All the bed-linen and washable clothing from the patient should, when removed, be placed into a solution of one-fourth of a pound of sulphate of zinc and one-eighth of a pound of common salt to a gallon of water (this is the formula recommended by the National Board of Health), and afterwards boiled for at least half-an-hour in the same solution. Things that cannot be washed should be burned—if not valuable—and not given away, as I have known it to be done. If valuable, they should be thoroughly opened out, hung up, and fumigated with sulphur in the room.

The question how long isolation should be continued is not easy to decide in the case of several diseases. It should be borne in mind that here at least it is always better to err on the safe side. It is exceedingly difficult to convince parents that a child who had had scarlet fever, measles, or diphtheria, who has made a good recovery, who has safely passed the dangers of the usual sequelæ, and who seems as well as ever in his life, should still be deprived of the companionship of other children at home, or should be kept away from school. It usually happens, after the doctor's visits have been discontinued and his injunctions forgotten or ignored, that the parents decide after a time to take the risk. Too often this results in

communicating the disease to somebody else.

In the case of scarlet fever four weeks' isolation should be the minimum. The child should not be allowed to return to school for six weeks. The room which the scarlet-fever patient has occupied, after being thoroughly fumigated, should be kept open, aired, and empty for two or three months more. Especially should it not be occupied by other children for a long time afterward.

In the case of measles such extreme precautions are not required. But if the form is a severe one, at least three weeks' seclusion from the family and four or five weeks' absence from school should be insisted on.

In diphtheria, although this disease is much less contagious than the two mentioned, the child should be kept away from others for at least two weeks after all throat symptoms have subsided.

In every case of measles or scarlet fever it must be remembered that infection is possible as long as desquamation, or peeling, continues. Before a child is admitted to the family circle a thorough warm bath must be given; the whole body, but especially the head, must be scrubbed with carbolic-acid soap, and every stitch of clothing changed. The hair has proven a means of conveying the poison when every other precaution except attention to this had been taken.

What shall be done with the mild cases—are the same rules to be enforced in them? I answer yes, emphatically; for it is by just these mild cases that the disease is most often spread in schools and families. They are more dangerous in this respect than severe cases, just because the disease is so mild that the child is up and about all the time. A man with a mild varioloid may infect a hundred people in a day in public conveyances, while a severe case of small-pox is hurried away to the pest-house at once. So a child with a mild type of scarlet fever may be so little ill that the parents may not consider it necessary to isolate it, or even call a physician. Yet these cases are just the ones by which many an epidemic has been begun. It should be known that a mild case is just

as contagious as a severe one, and that it by no means follows that, because one case is so mild that the child is not confined to bed, those who contract the disease from such a one will have also a mild form. Severe and even fatal cases have often resulted from infection by mild ones, as in a recent epidemic occurring in an English town. Children were found in a school in the stage of desquamation who had not missed a day's attendance; others who had been out of school only for one day, the illness being considered by the parents as trivial, although the rash was present. A number of other children in the school, taking the disease from them, died from scarlet fever. The importance of isolating these mild and even doubtful cases cannot be overstated.

Not all children exposed to contagious diseases contract them. It becomes an important point to determine, in case a child has been exposed, when isolation should be begun. It is believed by most medical authorities on the subject that a child is not capable of transmitting the disease during the period which lasts from the exposure till the first symptoms show themselves. This is termed the "period of incubation." From the time the first symptoms are manifested infection is possible, and isolation should be instituted. The special symptoms which should be watched for are, in the case of measles, running eyes and nose, with cough, sneezing, and drowsiness. These are to be looked for in from eight to twelve days after the exposure. In the case of scarlet fever the disease develops more abruptly, with repeated attacks of vomiting, high fever, and sore throat. These usually come in from five to seven days after exposure, but may be de-

layed as late as two weeks. In either case, if two weeks have elapsed and no symptoms such as described appear, the subject of exposure may be said to be, as a rule, free from danger.

The most difficult question to answer is the last one suggested, viz.: Where isolation is impossible, can anything be done to diminish the chances of spreading the disease?

It is of scarlet fever that we shall speak more especially. The elements of contagion here may come either from the child's breath or its skin. An abundance of pure, fresh air in the sick-room is the first essential. The second is the free use of proper disinfectants in the throat of the patient during the acute stage of the fever, and over his skin as soon as desquamation begins. Warm baths should be used daily, and the skin should afterwards be thoroughly anointed with an ointment of twenty grains of carbolio acid to an ounce of vaseline. The clothing and linen from the patient should be treated as above recommended. The room should be kept scrupulously clean and afterwards fumigated with sulphur. Although in the same room from necessity, children should be kept as far apart as possible.

A word only about isolation in cases of whooping-cough. If the other children are delicate, prone to lung diseases, and especially if the season be fall or winter, it is best to send them away from the house altogether. The disease lasts so long that isolation becomes in most cases practically impossible. Although this disease is not so contagious as either measles or scarlet fever, it should be borne in mind that it is always a serious thing for a delicate child to have whooping-cough during the winter months, on account of the possible supervention of pneumonia.



DOMESTIC DISINFECTION.

BY GEORGE M. STERNBERG, M.D., F.R.M.S.,

Major and Surgeon, U. S. Army.

IT is only within the past three or four years that we have attained by the experimental method a precise knowledge of the comparative value—or worthlessness—of the various agents which are popularly known as disinfectants; and this knowledge has not yet been practically applied, to any great extent, even by health officials and physicians. It is therefore not surprising that in domestic sanitation methods are still practised which have been shown by recent experiments to be entirely inefficient, and worse than useless, inasmuch as they inspire false confidence and lead to the neglect of trustworthy measures of disinfection.

THE REAL MEANING OF DISINFECTION.

Before going any further it is necessary to explain what we mean by the terms, "disinfectant" and "disinfection." Popularly the destruction of bad odors or the arrest of putrefaction is supposed to constitute disinfection, and any agent which neutralizes or masks the unpleasant odors given off from putrefying material is considered a disinfectant. This is not the sense in which the terms are here used, for the progress of science has made it necessary to give them a far more restricted signification. An agent which neutralizes a bad odor may be called a *deodorizer* or deodorant (?); an agent which arrests putrefactive decomposition is an *antiseptic*. A *disinfectant* may accomplish both of these objects, but it is not a disinfectant for this reason, but because of its disinfecting power—*i.e.*, its ability to neutralize the infecting power of infectious material. By infectious material we mean material capable of producing specific morbid phenomena—disease-producing material. Such material is given off from the bodies of patients suffering from small-pox or scarlet-fever; it is contained in the alvine discharges of typhoid-fever and cholera patients; it is present in

the sputa of those suffering from tuberculosis or diphtheria, etc. The object of disinfection is to destroy such infectious material at its source—that is, in the sick-room.

Evidently, disinfectants have no place in healthy homes, and rosy-cheeked children with good sanitary surroundings need not be obliged to turn up their noses at the smell of carbolic acid or chlorine, introduced into the nursery by over-anxious mothers, with the laudable purpose of frightening away "disease germs."

And here we may as well confess at once that disinfection, from our point of view, consists essentially in killing the micro-organisms—microbes of Pasteur and the French authors—which give to infectious material its specific infecting power—that is to say, disinfectant and "germicide" are with us synonymous terms. It is true that we have not yet a satisfactory scientific demonstration that all infectious diseases are caused by the invasion of the body of the sick person, or lower animal, by living germs; but we have a positive demonstration in a sufficient number of diseases of this class to make it appear extremely probable that it is true for all. And the only available tests of disinfecting power known to us relate to the ability of the agents tested to destroy known disease germs or harmless micro-organisms belonging to the same class—*e.g.*, the ordinary bacteria of putrefaction.

FUTILE DISINFECTION.

It would indeed be a happy thing if anxious parents could frighten away the invisible foes which threaten the lives of their darlings by hanging up in the sick-room cloths saturated with carbolic acid or some one of the proprietary disinfectants, so-called, which are recommended for this purpose. But cold-blooded science teaches that such measures are as futile as the charms and incantat'

of savage nations, and that these germs are not destroyed by any known chemical agent in respirable quantity. In other words, *disinfection of the atmosphere of an occupied apartment is entirely impracticable*, because the inmates would be suffocated by any effective volatile germicide agent before germs present in the atmosphere could be destroyed.

This being the case, what shall be done to save the lives of the innocents?

It is impossible to answer this question fully in a brief article, but sanitary science is to-day in a position to point out effectual means of restricting the extension of that class of diseases which we have spoken of as infectious, and which are known to sanitarians under the title of "preventable diseases."

The measures to be taken in domestic practice are identical with those which should be employed on a large scale by those entrusted with the responsible duties of guarding the public health—viz., quarantine, general sanitation (municipal and personal cleanliness) and disinfection.

The object of *quarantine* is to prevent the introduction of disease germs into our seaport cities, or into the baby's stronghold—home.

By *general sanitation* all decomposing organic material—filth—which might serve as a nidus in which disease germs could grow, is to be removed and put out of the way of doing harm. And here we may remark that disinfection can never take the place of removal and cleanliness in disposing of such material.

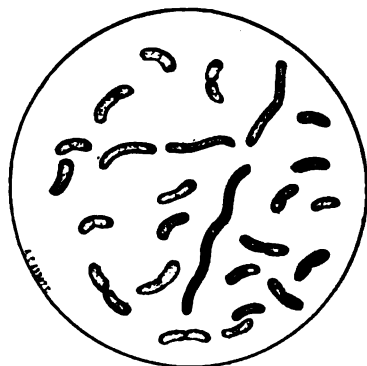
Finally it is the object of *disinfection* to destroy disease germs, and the object of this paper is to indicate as briefly as possible how this may best be accomplished in domestic practice.

THE DESTRUCTION OF DISEASE GERMS.

Disease germs gain entrance to the body mainly by way of the respiratory passages, or in fluids and solids ingested as food. We must see to it, therefore, that the babies do not breathe a contaminated atmosphere, and that no deadly disease germs are lurking in the delicious milk or other food which loving

hands convey to their eager lips. A pure atmosphere is to be maintained in the house, not by the use of disinfectants, but by guarding all avenues by which foul air is likely to be introduced from without, and by sending disease germs up the chimney or out of the window when the fortress has been invaded and one of the little ones has fallen ill with an infectious disease. In short, we must depend upon good plumbing, cleanliness, and *ventilation* for maintaining the purity of the atmosphere in rooms occupied by the babes, whether sick or well. And experience proves that these measures are efficient, and that the bad-smelling substitutes for fresh air which have been proposed are worthless and unnecessary.

We come now to the question of destroying disease germs in food and drinking-water. Fortunately this is a very simple matter, and it will not be necessary to send to the drug-store to have the prescription filled. Those disease germs which are most fre-



DR. KOCH'S CHOLERA "GERM." MAGNIFIED 2500 DIAMETERS.

quently introduced into the body in this way are promptly destroyed by heat, and we have good reason for believing that the deadly germs of Asiatic cholera and of typhoid fever are impotent for mischief after they have been subjected to a boiling temperature. Indeed, we have experimental evidence to show that all micro-organisms of the class to which disease germs belong, *in the absence of spores*, are killed by a temperature considerably below the boiling point.

Our knowledge is not yet sufficiently exact to enable us to say with certainty just what disease germs do not form spores, and consequently are infallibly killed by a boiling temperature, but we may pretty safely include in the list small-pox, diphtheria, puerperal fever, erysipelas, cholera, and, perhaps, also typhoid and scarlet fevers.

As we have ample evidence of the transmission of several of these diseases by means of contaminated milk or drinking-water, it is evident that we have a precious resource in the simple expedient suggested for protecting the little ones from this danger. And when there is the slightest ground for suspicion as to the purity of the source from which milk or water for drinking is obtained, it will be a wise precaution for mothers to insist that these fluids, or food prepared with them, shall be boiled before they are given to their children, or to any members of their household.

When it is thoroughly understood that disinfection is in most cases effectually accomplished by boiling, it will hardly be necessary to suggest to those in charge of the sick that the simplest way of disinfecting bed-linen and clothing, which can be washed, is to immerse it in boiling water. In order to keep on the safe side it is well to boil infected clothing for an hour or more.

It is quite unnecessary to destroy any article which can be boiled, but it is better to burn woollen clothing which has been in contact with patients suffering from small-pox or scarlet-fever, and which would be injured by boiling.

Thus far we have not had occasion to recommend the use of any chemical disinfectants, but these agents also have their use, and a very important one. They are required for the destruction of germs at their source, and especially in the excreta of patients with typhoid-fever and cholera, and in the sputa of those with diphtheria, tuberculosis, and other infectious diseases. We have these deadly germs at an advantage in the sick-room, where they are contained in a comparatively small amount of material, and they should be destroyed at once; for many of

them are capable of indefinite multiplication outside of the human body, and to sow them broadcast is to help them reap their death-harvest, especially when in sewers and cess-pools they find conditions favorable for their abundant development.

CHEMICAL DISINFECTANTS.

Many of the agents commonly relied upon as "disinfectants" have been proved by recent experiments to be quite inefficacious for the destruction of disease germs. Among these may be mentioned the sulphate of iron and sulphate of zinc. Other agents, such as chloride of zinc and carbolic acid, are efficient when used in proper quantity, but as commonly employed are quite powerless to accomplish the end desired. All of these agents are, however, more or less useful as deodorizers and as antiseptics; and it is not our purpose to condemn their use when this is the object in view. But when the object is to kill disease germs other agents will be required. The limits of the present paper admit only of brief reference to two or three of the most useful of these.

Liquor soda chlorinata, or Labarraque's Solution, is one of the most reliable of these agents, and may be recommended, in the proportion of one part to five or six of water, for the disinfection of sputa and excreta. Diluted to one part in fifty it may be freely used for washing the surface of the body.

Chloride of lime, or bleaching-powder in solution, is equally useful for the purposes mentioned, but it is entirely unreliable for the disinfection of the atmosphere of apartments, etc. For the disinfection of excreta and sputa one part may be dissolved in fifty of water. The quantity of this solution used should always be in excess of the amount of material to be disinfected; and the same may be said of the other solutions recommended.

One of the most potent germicides known is the *bichloride of mercury*, or corrosive sublimate. A solution containing one part in five hundred is a reliable disinfectant for liquid excreta, but as the aqueous solution has neither odor nor color it must be used with great care, owing to its highly poison-

ous nature. The writer has elsewhere recommended that for domestic use an equal quantity of permanganate of potassium be added to the solution. The proper amount of each salt would be about two drachms to the gallon of water. The permanganate gives a deep purple color to the solution, and is a valuable addition on account of its deodorizing power.

For washing furniture, floors, and walls in infected apartments a solution of corrosive sublimate, of the strength of one in 1,000, may be used, or one drachm to the gallon.

For infected clothing immersion for two hours in a solution of the same salt, in the proportion of one part to 5,000 of water, will be effective.



THE CARE OF THE HAIR.

BY GEORGE HENRY FOX, M.D.,

Professor of Diseases of the Skin at the College of Physicians and Surgeons, New York.

I.

THE various physical features which make or mar the beauty of a child are for the most part the gift of Nature, and can neither be improved by care nor spoiled by neglect. For example, nothing but sickness will dim the brightness of a pair of beautiful eyes, and no amount of taking thought will add a millimetre to a *retroussé* nose or change the contour of an ill-formed mouth. But with the complexion and with the hair the case is different. Without pure air and a careful diet the fairest skin will lose its freshness, and without a certain amount of washing and brushing the loveliest locks will soon cease to be one of the attractive features of childhood. Indeed, whether it be light or dark, straight or curly, the beauty of the hair and the extent to which it contributes to a child's good looks depend in a great measure upon the thought and care bestowed upon it by the mother. I will not say mother or nurse, for, although the latter in exceptional instances may carry out instructions with fidelity and intelligence, the true motherly

care of children can never be deputed to another.

That a child's scalp should be kept scrupulously clean goes almost without saying; at least it does in theory, if not always in practice. In infancy the scalp is usually scrubbed as much as the tender skin and scanty hair will stand, but when a child is three or four years old a proper washing of the scalp is not apt to be insisted upon as it should be. Nearly all nurses, and a large proportion of mothers, are apt to devote far more thought to a child's dress and to its "bangs" or curls than to the condition of its scalp. As a natural consequence many beautiful and richly-dressed children are charming at a distance, but when taken into the lap a portion of the charm is instantly dispelled by an accumulation of dust and oil upon the scalp which the curly locks cannot hide, or by an unpleasant odor, perhaps, which inevitably results from a lack of soap and water. The scalp should be kept clean, not so much to prevent disease as to render the child sweet

and attractive. If frequent washing did not improve the growth of the hair (which it certainly does), and therefore claim attention on hygienic grounds, it would still add quite as much, or more, to a child's attractiveness as washing of the body, and hence become of the highest importance from a purely æsthetic point of view.

The notion entertained by some mothers, that delicate children are liable to take cold from having the scalp carefully washed, is without foundation. There is nothing that will do so much to lessen the tendency of some children to colds in the head and sore throat as a daily washing of the scalp and neck in cold water, the hair being subsequently dried by means of soft Turkish towels. Once a week the head should be thoroughly shampooed with soap and warm water. A pure article of castile soap is easily obtained of any good apothecary, and can be safely recommended, although it may be added that the evil effects of using ordinary toilet-soaps are rarely, if ever, met with outside of certain advertisements.

Frequent and thorough brushing of the hair is extremely desirable. It not only improves temporarily the appearance of a child, but tends at the same time to keep the scalp in a healthy condition. It stimulates the growth of the hair and prevents it from becoming dry and harsh. Care should be exercised in selecting a thick, soft brush, and due attention be paid to the manner in which it is used. There is a right way and a wrong way of doing many things, and in hair-brushing the latter is too frequently employed. The mother or nurse who assumes this important duty must take plenty of time and give her undivided attention to it. If the operation be performed hastily or carelessly the child soon learns to dread it; while, on the other hand, if it is always associated with a few pleasant words, a short fairy tale, or something of the kind, the operation will give pleasure to both of the parties concerned, and the beneficial results will soon become apparent.

A comb is an implement of doubtful utility in the nursery, and certainly one which is capable of doing as much harm as good.

For parting the hair a coarse comb with blunt, rounded teeth may be used, but for dealing with the inevitable snarls which so often occur in the best regulated locks a brush supplemented by gentle fingers should only be used. Under no consideration should a comb be allowed to come in contact with the delicate scalp of a child, and the use of a fine-toothed instrument of torture, such as was formerly in vogue, ought in this enlightened age to be relegated from the nursery to a chamber of horrors.

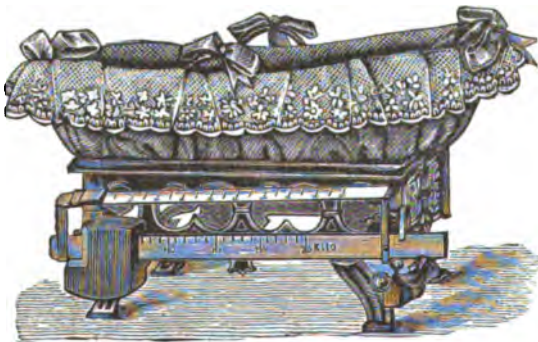
The custom of wetting the hair before combing or brushing is one which ought to be condemned for various reasons. In the first place, the nurse who is permitted to dip a brush in water and then plaster down the hair with it, will never spend the amount of time required to get it smooth by the proper use of a dry brush. The child's head will therefore fail to receive the thorough brushing which a healthy growth of the hair demands. In the next place, no juvenile hair was ever improved in appearance by having the curves of graceful confusion transformed into dripping perpendicular lines, and finally the frequent wetting of the hair is certain to make it harsh and dry. It is true that some children have hair of an exceedingly refractory character, reminding one of Jerry Cruncher's boy "whose head was garnished with tenderer spikes"; but even in such cases the frequent use of a dry brush will in time exert a mollifying influence by stimulating the supply of natural oil. When the hair is very harsh the sparing use of pomade is unobjectionable.

The cutting of children's hair is a question largely controlled by the dictates of fashion. The prevalent idea that it increases the growth is not founded upon careful observation; although it is true that when the hair is short the scalp is more readily kept in good condition. Something might be said in praise of long braids in the case of little girls and in condemnation of long curls in the case of little boys—a fashion which elicits the admiration of fond mammas and the scorn or ridicule of other small boys; but this would be beyond the scope of the present article.

NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised.

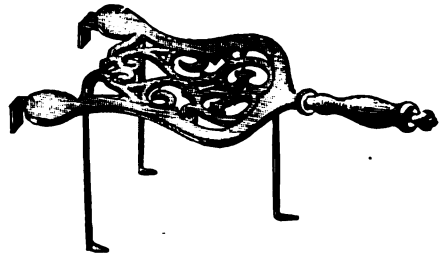
BABY'S weight, even though it be small, is a question of great importance to his devoted admirers. It must often, however, remain a matter of doubt for want of weighing apparatus, the fond mamma not being always willing to send her darling away to the grocer's. The accompanying illustration shows an arrangement for weighing Baby in use in Germany, which is a most attractive addition to a nursery. The basket resting on the handsome scales is 24 inches long, 11½ inches broad at the top. Covering and lining may be made of silk or satin. The lining is smoothly stretched over a thick layer of cotton-batting at the bottom and gathered around the sides. A small pillow to match should be added. A border consisting of a double row of lace, set edge to edge, surrounds the top, and several bows of ribbon complete the decoration. An ordinary spring-balance may be used in the place of expensive scales. One weighing up to 40 pounds may be had for \$1.38. The basket may be suspended with a handle of ribbon from the balance.



A bottle-lock for closing and locking a bottle from which the cork has been removed is an excellent appliance in a nursery, where it is so often necessary to administer small, periodical doses of wine or any other liquid which is spoiled on exposure to the air, and where it is especially important to prevent bottles from being tampered

with. Such a contrivance may be bought for \$1.25. A bottle clip, exactly similar to this, but not provided with a lock and key, costs only 60 cents. These articles are neatly put up in boxes, and are accompanied by plain directions for use.

A useful invention for keeping food warm is



the so-called trivet or "footman," illustrated here. As the first name indicates, this is a sort of three-legged stand, which fastens firmly to the horizontal bars of a grate by means of hooks. There is one form manufactured which may be extended so that the article to be kept warm can be moved back further from the fire. The price of these trivets ranges from 50 cents to \$3.

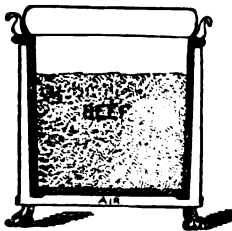
Another good contrivance in the same line is an arrangement for keeping food warm while carrying it from the kitchen to the nursery. It consists of an earthenware plate, permanently attached to what may be best described as a tin pie-pan, to which it seems to form the cover. This pan is provided at the side with a short spout, over which a tin cap fits very closely, and which serves for the admission of the hot water that keeps the plate warm. These hot-water plates are to be had in two sizes, costing respectively \$1 and \$1.12.

Very pretty wall-paper is now manufactured

for nurseries with designs illustrating favorite nursery legends, such as "Cinderella," or the "Babes in the Wood." Faint, unobtrusive tints are used, and many of the illustrations are taken from the well-known Caldecott picture-books. Such wall-paper is most effective when laid on to a height of three or four feet from the base-board, and surmounted with a border of Kate Greenaway figures or "pretty maids all in a row." The rest of the wall above this pretty border should be papered with some plain, harmonizing pattern. Nothing is "too pretty" for a nursery. A bright, cheerful nursery makes children appreciative, contented, and happy. It is hardly necessary to say that in the selection of wall-paper care should be taken not to choose designs that seem to betray the use of poisonous pigments.

The shirred swiss and lace caps that are so becoming to our little darlings are often returned from the laundry with sad rents in them, and so stiff as to be very uncomfortable. Careful mothers and nurses can easily do them up at home with the small cap-irons made solely for this purpose, and costing from 70 to 85 cents a pair. Small irons that are cleverly shaped to glide easily into frills and flounces can be bought for 56 cents.

The old-fashioned way of making beef-tea by forcing the meat into a bottle, and then putting the bottle into a vessel of water on the stove, is a very tedious and often an unsatisfactory process. Hence many mothers will be glad to learn of a very practical contrivance for preparing beef-tea. The apparatus is shown in the accompanying cuts. It consists of a double vessel; the outer vessel has an inner flange at the top, and the



inner vessel, which is of porcelain, has an outer flange, by which it is suspended upon the outer one, so as to leave a sufficient space between their respective sides and bottoms. This air-space, in which no water must be allowed to lodge, acts during cooking as a slow conductor of heat, the temperature in the inner vessel being raised just sufficiently to allow of the extraction of the essence from the meat. The whole apparatus is placed in a saucepan contain-

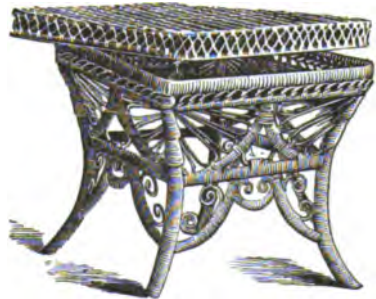
ing cold water, which should reach two-thirds of the way up the sides. The saucepan should be covered, and the boiling last from two-and-a-half to three hours.

This beef-tea extractor costs \$2.25 when the metal part is made of tin; when made of brass or copper the price is \$3. An additional virtue of this apparatus is that it may be used for keeping ice. As this is a very desirable thing in a nursery, especially at night, the beef-extractor will be found to be a very useful acquisition.



A very merry plaything with which to enliven the nursery is a box of comic cubes. There are six cubes, each measuring about three inches, which are arranged in two vertical rows of three each. The two at the top have pictures of heads on their respective six sides; those at the bottom, feet posed and shod in various ways; while those in the centre, representing the connecting portion of body between head and feet, are fitted out in the garb of various nations. An infinite number of very funny combinations can be made with the cubes; the grotesque appearance, for example, of a pig-tail-adorned head of a Chinaman surmounting the elegantly-attired figure of a dandy arousing much mirth among the little ones. The price of this toy is 45 cents.

A pretty ottoman of rattan, square at the top,



measuring 17 by 17 inches, serves the double purpose in the nursery of a seat for the little ones and a receptacle for odds and ends that have no definite place. It will be well to line the in-

terior with satin or silesia. The ottoman we illustrate can be purchased for \$5.

Old rubber dolls can be rejuvenated and altogether changed in appearance by crocheting for them a clown's gay costume. Waist and pantaloons are worked in one piece, the skirt attached at the waist, a conical cap added, and all sewn firmly to the doll. In the manufacture of this toy remnants of bright wools may be utilized and no expense incurred.

An excellent addition to the nursery heated

by a furnace, and next in importance to the thermometer, is an evaporator. It consists of a tin box which holds about three pints of water, and of a kind of windlass, to which are attached four large, soft cords, which draw up the water by capillary action. It is covered with a tin cap, and the cords are protected by a wire screen. The whole is japanned and is not unsightly. This evaporator can be placed in front of or over a register. The water contained in the reservoir will all evaporate in twenty-four hours. This contrivance can be had at house-furnishing stores for \$1.50 and \$2, according to size.

A MOTHER'S NOTE-BOOK.

WHAT pretenders most children are! They love to impose upon themselves as well as upon others. "I must sit down and study this scholar stuff," says a little boy in petticoats who can neither read nor write. "O brother, you smile like the dawn of the day!" says one infant to another, and then in an undertone asks: "Mamma, what is the 'dawn of the day'?" To children the mysterious always appears imposing. Willie, hearing his father say that Willie's grandmother had expressed the wish to be cremated when she dies, listened in open-mouthed wonder, and went to a neighbor's at once to communicate the intelligence that his "grandma is going to be cream-tartared." The same boy, aged five, though several years younger than his sister, feels an almost manly superiority over her. They were talking of something, when he said: "I knew that before you were born." Alice, meekly indignant, said: "Why, Willie, you were not born then." "Well, the lump of dirt I was made of knew it." What shall we think of Ruth, aged three, who tore a valuable book in the presence of her father, and when the sorrowing question was asked, "Who tore papa's dear book?" said with perfect gravity, pointing to the cat sleeping behind the stove, "Tommy did it?"

It is not that children like little Ruth are wilful liars, but that the child's imagination often outruns its capacity of selecting proper objects upon which to exercise it. I think that a young child's ideas of life must often be as unrelated as the bits of glass in a kaleidoscope, before the mirrors which reflect and so make the perfect form are put in place; and it is only when the child can reason that it becomes responsible,

and should be expected, and indeed required, to order its imagination.

To be patient with children at play, to allow them to a great extent to shape it for themselves, is not always easy. There are times when it seems almost impossible for a woman to "stretch a hand through time and catch the far-off interest"—not of "tears," but of disorder and of litter. But since it is a fact that through experience wisdom comes, the children must be given a fair degree of liberty to cut pages into innumerable bits, to take playthings apart, to boil or stew something in a tin can, and to play in water; and if a little boy of three begs, as I have known one to do, to have the water in the pan in which he is floating little sticks for boats slightly blued, because the lake he has seen is blue, I think it is wise to let him have it, and thus encourage a love of naturalness and realism.

If the mind of a child has a strong and original bent in a given direction, it is sometimes revealed to the watching and thinking mother by perseverance exhibited in following certain occupations and amusements. The anecdotes preserved of the babyhood of illustrious men prove conclusively that the career of the man is often shadowed forth by the very little boy, and in ways that were possibly quite annoying. Mozart at three, insisting on being present when his sister took her music-lesson, and often reaching up his little hand to strike thirds, was probably not particularly welcome in the music-room, although when at four he began to compose simple airs he was looked upon with more forbearance. One can easily picture what a troublesome boy

little Pierre Gassendi must have been to his mamma and nurse, as, when the bedtime suitable for a child of four arrived, he would run out of the house and into a meadow near by, and stand silent and alone watching the stars and moon. How many times he must have been brought in, reluctant and rebelling, and yet persistent in studying the heavenly bodies, until at the age of six he proved to some of his playmates that the clouds, and not the moon, moved rapidly across the sky; the infant philosopher directing the equally youthful sceptics to look steadily between the branches of a tree and see the clouds go by while the moon remained in her place.

That father and mother may be counted happy whose little son has thus settled for himself the lines wherein his chief strength should be exerted, so that time and energy may not be wasted for want of clear directions laid down for him. Parents often blindly attempt to lead a

child in a path impossible for it to follow. To study the mental characteristics of our children should be a solemn duty, and, looking into their natures, we should not strive to find, as in a mirror, a reflection of our wishes or ideas, but to see what *is* there.

The excuses which children make for not doing anything they dislike are often quaint and full of ingenuity. A little boy, who did not like to go to Sunday-school, told his mother that the real reason why he did not wish to go and hear about heaven was because he had rather not know about it, but wait until he got there and be surprised. The same child, being told to go and pick up some branches which the wind had strewn on the walk, said he was entirely willing to go and do it, but as long as it was God's thought that they should be there he did not think he ought to pick them up.

EMMA W. BABCOCK.

NURSE'S DAY OUT.

I AM not what you would term an "experienced mother"; I have neither the age nor the temper and disposition that go to make up that compound of matronly qualities. However, I am a mother. I have some experience, and I feel especially tempted to communicate a particular one to any sister-sufferers who may be wrestling with the conflicting responsibilities of young motherhood.

It was a Wednesday; rain and gloom out of doors, sunshine, merry children's voices, laughing children's faces in-doors. Nurse was going out, and in spite of weeping skies her heart was joyful at the prospect of an afternoon's freedom and probably an evening's fun.

Being in thorough good-humor herself, she was exceptionally amiable with her three little charges: read to them from their favorite picture-book; buttoned and unbuttoned the dolls' clothes six times in five minutes; tied innumerable cords to innumerable make-believe horses, and untied them as willingly; picked up Baby's ungovernable little lamb, that would not learn to stand on two broken legs, as frequently as it was dropped—in short, performed all those thousand trying little services over which she was, under ordinary circumstances, prone to lose her temper.

Noon came; nurse was dressed and bonneted, looking like the proprietress of a Fifth Avenue

mansion, and with blissful alacrity gave up her reign to mamma. Mamma, whose duties had taken her away frequently of late, was delighted with an afternoon at home, and had prepared a most promising programme for the little ones and herself. Baby was to sit in her chair close and safe by the table, with a perfect paradise of playthings at her disposal; the older boy and girl were to have a new toy between them, which promised infinite amusement for hours. Mamma had the week's linen to store away, an important embroidery to finish for the next day (papa's birthday), and several little odds and ends to accomplish between these occupations. The afternoon began propitiously enough; the children were pleased with their novelties, mamma went at her work in good-humor, and everything worked smoothly. Suddenly a ring at the door-bell, and, O horror! a fashionable caller is announced. Mamma hurriedly gives an improving touch to her toilet, and, with an admonition to the little ones and a promise to return soon, she leaves them and smilingly enters the parlor. But conversation soon ceases to be comfortable; from above come sounds of war and distress, sending pangs into the mother's heart, and forcing her in the extremity of her dilemma to bring her little troupe down into the best room. Poor innocent martyrs! What evil

spirit invented fine furniture, fine ornaments, and the thousand dainty, valuable knickknacks which only seem made not to be handled, but which to restless little fingers are an ever-beckoning temptation? What an ordeal was that half-hour to mother and children! Mamma trying to entertain her fashionable guest, with the passionate desire at heart of knowing her miles away; the children, from sheer weariness and lack of amusement, annoying and fretting one another. At last the half-hour is over, the company is bowed out with regrets and excuses and a fervent internal blessing, and mamma hurries to resume her work and bring her little brood back to the peaceful seclusion of the nursery. But the spirit of content has fled its walls. The children, having been over-indulged in the morning, are doubly sensitive to mamma's preoccupation, quarrel over their toys and plays, surround mamma with questions and demands, and she, trembling for her fine embroidery, and not finding herself able to do justice to both work and play, grows excited and irritable in her turn.

With tearful resignation she yields up all hope of fancy-work and devotes herself to the work-basket, having first scolded the little ones into frightened submission and seated them at a safe distance from her present occupation. They sit and stare longingly at mamma bustling about the room. A knock at the door calls her out of hearing for some minutes, and upon her return what a picture! Distractingly vexatious, and yet so comical! There are the two older mischief-makers, each with a bundle of half-opened pieces of linen, busily arranging them, with their best conception of taste and neatness, in the various corners of the room; and Baby, somehow torn away from its barricade, dragging and tugging at the largest and heaviest sheet with the air of a responsible matron. At any other time mamma would have been impressed with the humor of the situation, but now she was inclined to see it only from the gloomy aspect of additional work and bother, and for the rest of that fateful day all chance of happiness was over for the mother and her three saddened companions. Bed-time at last brought rest and contentment to the poor little heads, but the heart of the mother was sadly perplexed that night.

So closed this memorable day; but, though weary in body and in spirit, I set myself to sounding the secret of the day's troubles, and surely my effort was rewarded by the avoidance of all similar experience in the future.

Many weeks after the unfortunate

day just depicted that nurse—this time even more gorgeous than before—once again bade adieu to the prison-walls of the nursery, and the little ones, with a faint recollection of former experience, saw themselves, half-apprehensively, left to the care of mamma. Mamma, however, had been careful to despatch all important household business before the afternoon, and only reserved such work as was not pressing and would not suffer from the unconventionality of the play-room. Baby was settled close to its mother in a pillowed wash-basket, where, with a quantity of useless but clean paper, the unfolding and tearing of which furnished both occupation and amusement, a box of buttons (of course too large to be swallowed), and other equally simple toys, she was happy for hours. The other two sprites, quickly discovering, with a child's fine instinct, that mamma was going to be enjoyable, clamorously asked her "to play." A moment the mother hesitates; she is sewing, and would like to finish her task. Why should not the children be content with their beautiful toys? But no; a happy thought strikes her. She will play—of course she will; or rather she will fit *her employment* into *their play*, and, by becoming the seamstress for the little family, fictitiously make the work in hand serve the plans of her surroundings.

It is a child's skirt at which her needle is busy, but how easily the fairy touch of fancy converts it into a wonderful dress for the doll-baby! Poor forlorn creature! she has for some time been turning her one remaining eye imploringly towards her neglectful little mother, but in vain. Now, however, she is suddenly remembered, brought from her lonely corner to admire her imaginary toilet, and at the same time re-established in the affections of her whimsical parent. When the skirt is laid aside the seamstress takes up another garment sadly in need of patching, which is represented as being for the little mamma's own use. And how critical the little woman is! She pretends to examine the work, scolds and bosses the naughty seamstress, and is as busy as any maternal head of a family need be. There is still work ahead—a heavy basket of socks, at sight of which the so-called seamstress heaves a deep, suggestive sigh. These socks are supposed to be for the boy-papa; and surely he is as proud of those big holes now as he will be indifferent about them when he has grown to be a real father. When the innocent ruse of playing seamstress is exhausted there is still a chance of keeping little Miss Busybody happy by making her a companion to mamma,

and giving her a darning-needle with strong cotton or worsted, and a useless cloth or stocking upon which to operate, while the boy is blissfully self-important as grocer, butcher, and baker to the two ladies, with a scrap of paper folded into book-shape, and a pencil (or anything in imitation of one) behind his ear. So work and play are happily harmonized and proceed hand-in-hand with satisfaction to all parties.

Mamma's task being accomplished, Baby, who has grown impatient, is released from her soft prison, and the twilight-hour is spent in ring-games, soldier songs, and plays invented on the spur of the moment, that give relaxation and exercise to the limbs that have been aching for a romp. When at last the key is heard to turn in the house-door and papa is welcomed with many an ah! and oh! he finds four happy faces turned to receive their evening kiss, and wife and children sit round him cheerful and contented.

How many similar afternoons has "Nurse's Day Out" since afforded me! How many opportunities for a closer observation of the habits, the disposition, the inclinations of my children! What opportunities also for wholesome self-training and self-control! Not that there is a patent remedy against all nursery vexations. As long as children are not angels (though they are the nearest thing to them), and mothers are not saints, I suppose there will be casual displays of temper and impatience on both sides; but I have found a few simple rules most helpful in perplexity, and it is therefore I have taken heart to recount my personal failure and success. Of course I am well aware that there is a far simpler solution of all such difficulties in leaving the children on this day to the care of a second servant; but this is an alternative not open to all mothers, and not advisable for any. On the contrary, every mother should take pleasure in retaining this duty for herself, especially while her children are very young, and make it an

occasion for studying the inner workings of those little brains and characters the future development of which lies chiefly in her hands.

Her duty, however, should not be merely to remain at home, but as far as possible to devote herself to her little ones. To this end she should make it a rule to be at home for no parlor-visitors on that day, and friends who will ascend to the nursery will usually be sufficiently considerate to make their stay short and unobtrusive. Her work should be such as to keep only her hands, not her mind, occupied, so that she will be free to enter into the spirit of her surroundings. Whatever her occupation may be, let her make it a part of the children's play, and not a thing apart from their doings; or, still better, let the children, if possible, join in her occupation, or at least in a mimicry of it. After all, as far as I have fathomed the secret longings of those little beings, it is not nearly so much amusement that they require as occupation—a something to do that will give freedom of motion to their restless limbs or a field of action to their quite as restless imagination. In allowing them to imitate mamma's work, or to play a part in her arrangements, their fingers may be kept busy and their fancy pleased. Even Baby is never happier than when permitted to have mamma's roll of cotton or her ball of tape. And why? Because they satisfy the desire for work and action inherent even in such a tiny person.

I have come to believe that the mother who is most ingenious in inventing, not so much toys and amusements as a variety of occupations for the little ones she loves, will also be the one to create the most enjoyment for them, and at the same time to save herself the most trouble and annoyance in the nursery. I hope that some of those to whom I have addressed myself will agree with me, for it is in this hope that I have set down the few simple lessons that "Nurse's Day Out" has taught me.

S. G.



BABY'S WARDROBE.

TIMELY hints and suggestions to mothers who do their own dressmaking for their children are especially acceptable when they are busy preparing the little wardrobes for the coming spring and summer. The winter styles and fabrics are in very many instances retained. The materials for spring wear comprise a very varied assortment of delicate and beautifully colored cashmeres, fine flannels—plain, striped, or plaided—and serges in various tones and combinations.

Fortunately, the dictum of fashion in the matter of color as well as shape is by no means arbitrary. Every mother can gratify her own taste in this respect, and still avoid singularity. A few seasons past nearly all costumes were so universally blue or brown that the wee people had the appearance of being in uniform. The advantage of the present license is that becomingness can be studied. Formerly, delicate little girls, whose lack of rosy color made the sombre hues unbecoming, were sacrificed to a fashion which enhanced the looks of more robust children. Now warmer colors and ampler drapings are used to brighten pale complexions and give an appearance of roundness to fragile forms.

Aside from the seasonable fabrics just alluded to, and the uncommonly fine array of sateens, French cambrics, prints, and gingham, which will be spoken of at length in a future number, various goods worthy of note are displayed in the shops. Among these is tricoté, a handsome cloth similar in texture to tricot-cloth, but lighter in weight. This is sold in all the fashionable shades of color. Sicilienne commends itself for the reason that the cords run vertically, permitting of the dust being more easily brushed from a garment made of it than where the cord crosses the goods. New foulé cloths are shown in great variety. These soft materials are more firmly woven than camel's-hair goods, but at the same time are considerably lighter in weight. There are also tasteful cheviot mixtures, with a touch of several distinct and contrasting colors so toned and mingled in the woof and warp that no one shade is either pronounced or glaring. A mixture of French gray, Vandyke red, golden brown, and lichen green is a stylish and refined combination; and another pretty heather mixture is one of olive, cardinal, old-gold, and wood brown. Simoné batiste cloth is a light-weight

woollen fabric, very fine and firm, and readily shedding the dust. In stylish, low-priced goods for entire suits there are cloth-finished flannels, which are closely shorn of their nap, so that they do not grow rough with wear.

We have examined a number of handsome pattern suits for little girls. A portion were made up in the neutral and sober shades; the majority, however, were gay in effect; and where gray, fawn, pearl, and chestnut-brown stuffs were employed their sombre look was brightened by trimmings of gaily-striped, plaided, or polka-dotted fabrics. The new shade of garnet which finds especial favor this spring is very bright, almost as vivid in hue as the royal cardinal so popular last winter.

A young mother, who inclines toward the artistic in dress, asks if we cannot tell her of any pretty model which would be termed "æsthetic," and which would do for an outer garment for her little girl of three years for spring wear. We know of none more "cute" and childish than the one here given. The design is from Demorest's catalogue. As may be seen, the advantage of this "Hubbard" over others of this name is that there is a plain, ungathered portion at each side. The fulness of the little gown is shirred to the square yoke in the centre portion only, thus preventing the voluminous, bulging appearance, which generally mars the effect of this class of garments. The puffs at the top of the sleeves may be omitted if desired. Silk and wool in fancy mixtures, with ribbon trimmings matched to one of the brightest colors of the design, make a charming little wrap in this style.



Another lady desires some suggestions for a little boy's costume; and a third asks for a pretty and novel model for a combination suit for out-door wear for her little

four-year-old son. Butterick & Co. have recently sent out the following design for a little girl, which, we think, would be much more appropriate for a boy. The garment is made of pigeon-gray cloth and plain dark brown velvet. The



wide plaitings are stayed by strong tapes, and the velvet belt-strap is secured by a large buckle or slide. At the back of the pattern a wide double-box plait, like a Watteau fold, extends from the neck to the hem of the skirt. In making this suit for a boy the back part of the cape could be made to match the plait-

ing over the shoulders, and the lower portion simply to correspond with the skirt in front.

A very graceful and stylish model, which will be much used this and the coming season for boys from three to six years, consists of a short kilted skirt, with one wide panel directly in front. Above this is a half-fitting jacket finished in regular tailor style. Following the prevailing fashion for waistcoats for people, both little and large, the jacket opens from the neck, showing a deep, square vest buttoned from the throat down to the extreme lower edge. These suits look well made either of tweed, melton cloth in tiny check patterns, or of cheviot in fine heather mixtures. No trimmings are required except the bindings and false button-holes of silk braid. Another design, which is exceedingly popular for little boys who have not yet arrived at the dignity of knee-pants, consists of a wide box-plaited skirt joined to a yoke. The double-breasted blouse has two box-plaitings in the back. A deep collar and wide turn-back cuffs are added. The broad belt which is worn over the blouse is made of the suit material, or may be of leather. A polo cap is made to match the suit. Plain dark flannel basket-cloth, cashmere, or plaided suitings are all appropriate for this model. For summer wear, piqué, seersucker, a strong, wear-defying English fabric known as butchers' linen, and other warm-weather materials will be employed in making up both of the costumes mentioned.

INFANTS' CROCHETED HOOD.

MATERIALS—One skein of cream-white Saxony yarn, or 2 balls cream-white Florence knitting-silk No. 300. Use bone needle No. 3. These hoods may be lined or not, as one chooses.

Make a chain of 3 stitches, join. Now put 15 treble stitches in the hole made by chain.

Second Row—Put two trebles in each treble all round.

Third Row—Widen every second stitch by putting two stitches into one.

Fourth Row—Widen every third stitch all round.

Fifth Row—Widen every fourth stitch.

Sixth Row—Widen every fifth stitch.

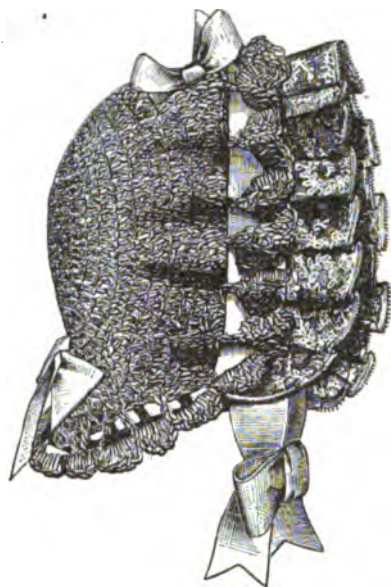
Seventh Row—Widen every sixth stitch.

Eighth Row—Widen every seventh stitch.

Ninth Row—Widen every eighth stitch.

Tenth Row—Break the thread here and fasten it. Commence again fifteen stitches from where you left off. Crochet trebles in every treble without widening until within thirty stitches of where you began this row.

Eleventh Row—Turn the work, and work one treble into every treble without widening.



Twelfth and Thirteenth Rows—Like eleventh row.

Fourteenth Row—Turn the work, make chain and fasten in every third treble with long stitch all round the hood. This mak

place to run in ribbon. Now crochet a shell of six trebles in every place formed by five chain. Fasten off. A wider border may be made if desired. Run two pieces of ribbon from neck to top of hood, draw to size of Baby's head, and tie in a bow on top.

Take some soft lace, gather slightly, and catch in front of hood back of ribbon. The lace should be wide enough to drop over Baby's forehead softly. Leave the cape at the back without ribbon, but put a bow above the border.

If a larger hood be called for, repeat from eleventh row until the desired size is obtained. AUNT RUTH.

CROCHETED SQUARE.

THIS is suitable for crib-covers or tidies for the nursery. Sew the squares together, and line with some bright-colored silesia.

Use Barbour's drab linen thread No. 30 or white crochet cotton No. 14, and steel needle No. 3½.

Make a chain of sixteen stitches, join round, fasten off.

First Row—Four chain, one double treble into each of four successive stitches of centre, * eight chain, one double treble in each of four next stitches, * repeat from * to * twice more, four chain, join to the first of four chain.

Second Row—One single crochet in back horizontal loop of each stitch of the preceding row.

Third Row—Four chain to take the place of a double treble, * eight chain, one double treble in the back horizontal loop of each of the next twelve stitches, * repeat from * to * three times more, join to top loop of first four chain.

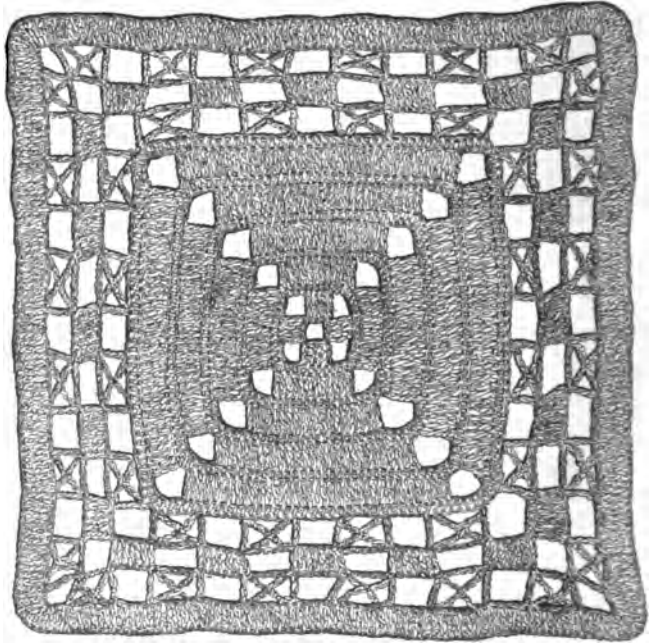
Fourth Row—Like second row.

Fifth Row—Like third row, only that it is increased in the same proportion as the third; that is, there are four additional double trebles at each corner of a row, making twenty double trebles on a side. Sixth Row—Like second row.

Seventh Row—Like the fifth row, making twenty-eight double trebles on a side.

Eighth Row—Like second row. Ninth Row—Like fifth row, making thirty-six double trebles on a side. Tenth Row—Like second row.

Eleventh Row—Four chain to take the place of a double treble, twelve chain, * one double treble into the second double to left, one cross double treble into the same stitch, and then into the eighth stitch from the beginning of the row. (To work the cross double treble, wind the cotton three times round the needle, insert the needle into the first foundation stitch designated, draw the cotton through two loops, wind cotton once again round the needle, insert the needle into the second stitch designated, draw the cot-



ton through two stitches, then through two more, and so on till all the stitches are worked off; make five chain and then one double treble into the centre of the cross treble just made.) Now make a double treble also into the eighth stitch, five chain, pass over five stitches, * repeat from * to *, working the next double treble into the sixth stitch from the last double treble. At each of the corners work ten chain.

Twelfth Row—Four chain for the first double treble, one double treble into each of the six next successive stitches, * five chain, pass over five stitches, one double treble into each of seven successive stitches, * repeat from * to * all round, working nine chain for each corner.

Thirteenth Row—Like eleventh row.

Fourteenth Row—One double treble into every stitch. AUNT RUTH.



NURSERY PROBLEMS.

BABYHOOD cordially invites communications upon questions of infants' clothing, diet, exercise—on whatever pertains to the regimen of the nursery. Queries on these points will be carefully noted and answered. Letters should be written on one side of the page only and should be addressed to the Editor.

Communications which do not call for a specific reply, or which invite discussion by readers, will be inserted in the department of "The Mothers' Parliament."

A PERPLEXED BACHELOR.

To the Editor of BABYHOOD :

A friend has named his baby-boy for me. What does etiquette prescribe as a gift in recognition of the compliment ? A CELIBATE "JOHN."

PHILADELPHIA.

Something in silver—a mug, cup and saucer, a case containing knife, fork, and spoon, or any of half-a-dozen other articles which your obliging silver-merchant will be happy to display for your inspection. Have the gift engraved with the child's name in full, if there is room ; if not, with his initials, but *not* with the date of birth. Should he imitate the example of celibacy set him, the record may prove inconvenient in years to come.

DR. PAGE'S METHOD OF FEEDING— SUCKING THE THUMB.

To the Editor of BABYHOOD :

1. What do you think of Dr. Page's method of giving infants only three meals in twenty-four hours? Have any of the mother-readers tried it with success?

2. Is sucking the thumb or fingers considered injurious to health?

AUNTIE.

MEADVILLE, PENN.

(1.) For a month or two an infant in health should have food every two or three hours ; the intervals should then be gradually widened, so that by the time it is six months old it should be able to go four or five hours without food, and even longer at night, which will make in the twenty-four hours perhaps five meals. A young infant ought not to be subjected to the three meals a day of adult life any more than it should be given the food of adults. It is nevertheless true that common practice errs in the direction of too frequent feeding.

(2.) The mischief of sucking the thumb has been much exaggerated, has been made even the

source of all baby's woes. But there is sometimes a damage to a baby's digestion arising from the constant sucking which may be compared, without meaning to make the comparison too close, to the damage done by the incessant chewing of gum, etc., by older children and adolescents. Other ill effects are distortion of the shape of the jaws and derangement of the position of the teeth ; and we have even seen the nose distorted by the constant pressure of the forefinger while the thumb was sucked. Lastly, if no other evil consequence followed it, the practice should be checked speedily, because, once formed, it is very obstinate. The writer has in memory the absurd spectacle of a man thirty years old, who walks Broadway daily to and from his place of business, thumb in mouth, the efforts of nurses and mother in infancy, the ridicule of preceptors and mates at school, having failed to wean him from this "silent comforter."

A CONTRIBUTION TO BABY'S OUTFIT.

To the Editor of BABYHOOD :

I want to present a friend with something pretty, inexpensive, useful, and made by myself, as a contribution to the *layette* of her first born, yet I am not proficient in fancy-work. What do you suggest?

RUTH M.

DETROIT, MICH.

Perhaps as welcome as anything would be a pair of cradle-blankets, knit on rubber or bone needles, of Saxony or Shetland wool. Cast on 140 stitches, and knit plain across backward and forward, as with garters, taking off the first stitch without knitting it in beginning each new "round." Consult your fancy as to color. "Baby-blue," or cardinal-red, or scarlet, with alternate white stripes, will look and wash. The blankets should be a yard in length. The ends with lustrous ribbon. The

coverlets are pretty, warm, light, and wear admirably, besides making more show for the money and labor expended than any other article of the outfit.

A PROTECTION AGAINST "DROOLING."

To the Editor of BABYHOOD:

My teething baby "drools," as the old-fashioned people call it—*i.e.*, waters at the mouth so copiously as to saturate three or four bibs in as many hours. The bosom of her slip is continually damp. What material is best for bibs in this case? Rubber is cold and disagreeable to her chin and hands.

A. M. R.

SARATOGA, N. Y.

Tie the light rubber bib sold for this purpose about her neck, outside of and next to her slip. Put the wadded and quilted bib *over* this, changing when it is wet through. Fortunately, the evil you deprecate is temporary, and "every day is one less" of endurance in this respect.

FRESH AIR AND COLDS.

To the Editor of BABYHOOD:

As a subscriber to your interesting magazine I would like to know if a child six months old that has not been out of the house since the first of November ought, in your opinion, to be taken out this time of the year on moderately pleasant days. The child is not very large or strong for its age, and is raised on a bottle; she discharges from the nose as if she had a cold most of the time. MRS. C.

OGDEN, UTAH TER.

The facts given are too few to enable us to answer definitely, but from the following general remarks you may be able to make an application to your baby's case: In the first place, we do not believe in taking out children in all kinds of weather regardless of consequences, which is a part of the senseless "hardening" theory. The safe rule is, we think, this: Children ought to be regularly sent out except when there is rain, or when, by reason of great cold and very high wind, they cannot be kept comfortable. On such days we believe in the value of a promenade, the child dressed as for an out-door walk, in a room which has been thoroughly opened to the air. In this way it can get something of a change without exposure. But there are some children who do not seem to do well if allowed to go out of doors on any but the "bright and airless" days. This is particularly noticeable in the city when the streets are loaded with mud or slush, and we think evil effects are more noticeable in children who are old enough to walk

than in infants. This may be attributed to the inactivity of the children who walk slowly along on the sidewalks or are obliged to stand at street corners while a conversation is carried on by those in charge. The children whose animal spirits lead them into continuous romping out of doors suffer less. Be the cause what it may, some children, as we have said, do not well endure their daily walk, and are in less frequent need of medical advice when kept in on all but very fine days. Going out seems to keep them supplied with "colds" and other little ailments. But before the attempt to take the child out is given up one should make sure that the attendant inconveniences are unavoidable. If there were not so frequent an assumption to the contrary, it would be unnecessary to say that there is no deleterious element in out-door air that is not in in-door air; our in-door supply must come from without, and we certainly do not purify it in our dwellings. What we do avoid in-doors is a too low temperature and the violent force of winds and, to some extent, the all-pervading dust.

In No. 2 of BABYHOOD you will find some account of how to protect a child in a perambulator. If possible, let the child be carried. Your six-months' baby probably could be; this gives it the warmth of the arms of the person carrying it. But see to it that it is well protected *everywhere*, not only about the head and trunk, but about the legs. Many a little child we meet whose legs protrude helplessly from its finery. If the child is in long clothes, let them be not too fine to be doubled up or folded around the legs. They are for warmth, not for decorative art. If it has reached the age of short clothes, and is to be carried, we prefer to knitted leggings, with the shoes protruding, a petticoat of short flannel or blanket sewed up at the bottom like the sleeping-bag of camp-life. This keeps the feet warm, while allowing the legs freedom of motion.

A word as to the "cold." This term is so fixed in our speech that it is useless to quarrel with it. It is only necessary to mention here that the symptoms are not always, and perhaps not usually, due to the chilling of the person. And when the trouble is persistent, as in the present case, this is almost certainly not the cause. There may be a local cause in the nose, or the trouble may depend upon the feebleness of constitution of which you speak. Perhaps this feebleness is to some extent kept up by the child's lack of fresh air. At all events the cause of the discharge ought to be inquired into.

A SUPPOSED CASE OF BOWLEGS.

To the Editor of *BABYHOOD* :

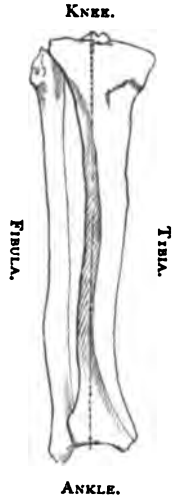
After reading your very instructive and interesting article on "First Steps" in the January number of *BABYHOOD*, and remembering how ambitious I was to have my little girl walk as early as possible, I took occasion to examine and see if there were any evil effects noticeable in consequence. I found, greatly to my sorrow and chagrin, that she shows some signs of being bowlegged. Is there anything I can do to remedy this result of my own carelessness? I live near a typical far-west town where the doctors have not much experience with children, so that heretofore, when my children have been ill, I have had to rely on what experience I had gained while living in the East; but in this case I am helpless, therefore I apply to you, and as you were the means of directing my attention to the trouble, I may also hope that you will help me with your advice.

SUBSCRIBER.

MONTANA.

We would say first that your distrust of your medical neighbors is probably groundless, and in any event the matter is one of surgical mechanics and not of experience with children. Secondly, perhaps you have in your anxiety exaggerated the signs of bowlegs. Notice that the shin-bone (tibia) is naturally not straight on the inside of the leg. In the margin is a diagram showing a front view of the bones of the right leg of an adult. The dotted line is drawn from the middle of the knee to the middle of

the ankle. It will be noticed how strongly the bone curves near the ankle. A child's bone will not have so marked a curve, but still is far from straight; and if the calf is full above, and the ankle thin, the leg may appear very crooked when it is really not deformed. As to treatment, you can do little by yourself. Our advice would be this: Re-examine the child's legs, put them side by side, the inner ankles touching, and see if the knees come together, both while the child stands and while she sits on the table or floor. If the knees and ankles touch at the same time there is probably not much wrong. If they do not touch, lay the limbs on a large sheet of paper and trace them carefully with a lead-pencil; repeat this in a few weeks and see if there is any change. If there is a change for the worse, consult one of your medical neighbors. The advisability of mechanical treatment depends somewhat upon the age of the child, and as that is not given we cannot offer an opinion.



NURSERY LITERATURE.

"THE SCHOOLMASTER'S TRUNK"
AND "A DOMESTIC PROBLEM."

THESE two little books (now published in one volume by D. Lothrop & Co.) are full of shrewd Yankee sense. The first is a series of familiar talks on home life in Tweenit, a typical New England country village, and was originally published in a weekly paper as the observations of a schoolmaster on the life of the families in which he had "boarded around." He finds that in these families women have no time to read, no time to rest, no time to play with their own children. Why? Because their husband's yearning for pies and cake, and their own ambition to have as many kinds of food as their neighbors, require them to cook from morning till night.

"My theory is this," says the schoolmaster: "that a mother's chief duty is the taking care of her children. I believe that she should prepare herself solemnly for this duty, and that she should have every possible facility for its performance. . . . I see that all things else are attended to before the children; not meaning before they are clothed and fed, but before time is taken to talk or read with them. I see that mothers and children are, in a measure, strangers to each other; that they have too little opportunity of becoming intimate. . . . But how shall the children of Tweenit get their mothers, or the mothers their children? No doubt both would enjoy each other's nearer acquaintance. I remember hearing Mrs. Melendy talk one day to her little two or three-year-old Rosa. 'tittle peshious!' she said, 'mother has

you in her arms to-day. Mother *will* let everything go and hold you a *little while, whatever.* The child was delighted. Both were delighted. They hugged each other. They played peek-a-boo! They took kisses from each other's lips; and oh! what a good time they had. It lasted nearly five minutes. Little Rosa would fain have been held longer, but mother had too much to do. The singular part of it was, and the sorrowful part, that Mrs. Melendy appeared to consider her five minutes' good time a stolen pleasure. It was enjoyed with the feeling that she ought to be doing something else. I had the curiosity to wait and see what that something else was, and found it to be lemon pies. How is my theory going to work in Tweenit if mothers have to steal time to fondle their children? . . . And how is it to work in other places and among other classes? I have a cousin living in Elmbridge. She keeps help. I made a little visit there recently, one object of which was to learn whether she does or does not give to her children the leisure thus obtained. She does not. She gives it to extras in the way of cooking, extras in the way of house-adornments, extras in the way of dress. . . . There is one family in the highest circles, the Manchesters, with whom I am on visiting terms. They live in the city. They keep a cook, chambermaid, parlor-girl, nursery-maid, and usually a seamstress. As far as work is concerned, Mrs. Manchester's life is one prolonged state of leisure. Does she give this leisure to her children? She does not; she gives it to society."

The schoolmaster recommends an organ to disseminate the views of a society for giving time to mothers. He suggests that this organ shall be called the "Columbian Simplifier and Time-Provider," and that its object shall be to simplify household duties and dress.

"A Domestic Problem" deals with the same questions, and urges that girls shall be trained at school to understand the laws of health, the rearing of children, and the development of young minds. "Suppose," the author says, "the young woman's class were addressed somewhat in this way: 'It is probable that all of you, in one capacity or another, will have the care of young children, and that for the majority it will be the chief duty of your lives. There is, then, nothing in the whole range of learning so important to you as knowledge on this subject. . . . What does a young mother want to know first? First she wants to know how to keep her child alive, how to make it strong to endure or defy disease. She needs to be taught, for instance,

why a child should breathe pure air, and why it should not get its pure air in the form of draughts. She needs to know if it makes any difference what a child eats, or how often, and that a monotonous diet is injurious. She needs to know something of the nutritive qualities of different kinds of food, . . . the chemistry of cookery; . . . to have some general ideas in regard to the ways of bringing back the system from an abnormal to a healthy state. . . . But supposing a mother succeeds in keeping her child alive and well, what knowledge does she desire next? She desires to know next how to guide it, influence it, mould its character.' All this, and more to the same purpose, could be done by lectures and discussions. There are, for instance, the different methods of governing, of reproving, of punishing, and of securing obedience; the evils of corporal punishment, of governing by ridicule, of showing temper while punishing. How far should love of approbation be encouraged? What prominence shall be given to externals, as personal appearance, the minutiae of behavior, politeness of speech? How may perfect politeness be combined with perfect sincerity? Ways of inculcating integrity. How to teach self-reliance without fostering self-conceit. How to encourage prudence and economy and at the same time discourage parsimony. How to combine firmness with kindness. Implicit obedience a good basis to work on. How to enter into a child's life and make it a happy one. How not to become a slave to a child's whims. The different amounts of indulgence and assistance which different temperaments will bear. . . . On the impossibility of making one theory work in a whole family of children, or always on a single child." It is true that there are very few women, married or unmarried, who have not, at some time in their lives, the care of children, and a class or club where young girls might be instructed in the subjects which Mrs. Diaz suggests would certainly exert an influence on the children of the next generation. Girls are taught the laws of health and the care of their own bodies in many schools, but there is, we believe, no class for teaching the home-care of children.

BOOKS RECEIVED.

Appleton's Chart-Primer: Exercises in Reading at Sight, and Language and Color Lessons, for Beginners. By Rebecca D. Rickoff. New York: D. Appleton & Co. 40 cents.

Hygiène and Education of Infants; or, How to Take Care of Babies. By the Société Française d'Hygiène. Translated from the French by Geo.

E. Walton, M.D. Cincinnati : Robert Clarke & Co. 25 cents.

Natural History Series.—Book First : Book of Cats and Dogs, and Other Friends. For Little Folks. By James Johnnot. New York : D. Appleton & Co. 20 cents.

Natural History Series.—Book Second : Friends in Feathers and Fur, and Other Neighbors. For Young Folks. By James Johnnot. New York : D. Appleton & Co. 40 cents.

The Care of Infants : A Manual for Mothers and Nurses. By Sophia Jex-Blake, M.D. London and New York : Macmillan & Co. 40 cents.

What to do First in Accidents and Emergencies.

By Charles W. Dulles, M.D. Philadelphia : P. Blakiston, Son & Co. 75 cents.

The Mother's Book, containing : "The Management of Children," by Amie M. Hale, M.D. ; "What Every Mother Should Know," by Edward Ellis, M.D. ; "The Mental Culture and Training of Children," by Pye Henry Chavasse, M.D. Three volumes in one. Philadelphia : P. Blakiston, Son & Co. \$1.50.

Alice's Alphabet. Poems and Drawings. By Margaret Johnson. Boston : D. Lothrop & Co. 50 cts.

Anna Maria's Housekeeping. By Mrs. S. D. Power. Boston : D. Lothrop & Co. \$1.

An Assortment of Easter Cards on Fancy Mounts, printed on Satin, etc. Boston : L. Prang & Co.

TOPICS OF THE DAY.

POISONOUS PRESERVES.

DR. E. H. BARTLEY, chief chemist of the Brooklyn Health Department, has recently analyzed the preserves and jellies that are sold in that city in unsealed cans and pails. Both tin and lead were found in the sweetmeats.

"While," he says in his report, "tin does not seem to be affected to any considerable extent by the fruit acids in hermetically sealed cans deprived of air, the case as here shown is quite different when there is a free supply of air. Both tin and lead are dissolved under these circumstances, and in my opinion no fruits put up in this manner can be considered as safe. For this reason I have directed the inspectors to go through all the principal streets and take from the stores all such fruits and jellies, which has been done.

"Between six and seven hundred cans, or about twelve hundred pounds, have come into our possession and are undergoing analysis by the chemists, except in the cases where dealers have consented to destroy them without such analysis. It is proposed to examine other canned goods, especially with reference to the so-called swells, or cans which have undergone fermentation with the generation of gases in sufficient quantities to swell the ends of the can. Such goods are frequently seen upon the shelves of grocers, and are sold to the unsuspecting in spite of repeated cautions."

We shall not now enter into the question of the judiciousness of giving jellies and preserves to children. The fact is that they are very freely given, and parents should at least be informed of the danger of poisonous ingredients in their composition. The point raised by Dr. Bartley regarding unsealed tin vessels is a good one. Some preserves come into the market in wooden pails and are presumably free from poisons. The same is true of those put up in glass, if there be no metal cover in contact with the jelly or preserve. The "swelled" can nuisance is dan-

gerous chiefly to the poor, as the better class of grocers who have the patronage of well-to-do neighborhoods usually are familiar with the signs of a "swell-head," and will not sell or keep such goods. A "swelled" can, we may mention for the benefit of any reader who is not familiar with the term, is one in which fermentation has taken place. In such cases, when the goods were put up, the top of the can was soldered on, a little hole having been made in the top. The can was then heated, and while vapor was escaping from this little vent it was closed with solder. As the can cooled the vapor within condensed and the ends of the can sank in, as is usually seen. Occasionally a can ferments and the gases drive out the heads again, making it a "swell-head." Sometimes unscrupulous manufacturers puncture the tin again, and renew the heating and sealing process, and hence the presence of two little warts of solder on the head of a can is usually accepted as evidence of the can's having once been a "swell." This is not always so, however, for we have seen the double wart on the wares of a very reputable house, and found that the entire quantity in the shop had the same peculiarity; and the contents of a can proved, so far as sight, taste, and digestion could test it, entirely sound and wholesome. Nevertheless unless there is evidence to the contrary, it is safer to accept the mark alluded to as a sign of danger.

NEAR-SIGHTEDNESS AMONG SCHOOL-CHILDREN.

A BROOKLYN paper publishes a letter from an intelligent woman whose child attends one of the largest and best public schools in that city. She represents that while her little well taught and kindly treated, she is

becoming near-sighted, because allowed to hold books and slate within a few inches of her eyes. In the January number of *BABYHOOD* was given a quotation from Dr. D. F. Lincoln's article on "Health in the Schools," commenting on "the prevalence of near-sight as a special school-disease." The Brooklyn mother's complaint is an alarm sounded in the same key. From a private source we have the incident of a pupil who feels himself aggrieved in that he was "marked down" in deportment in another, not a public, school—also in Brooklyn—for yawning audibly and stretching his arms in lesson hours. Whispering, giggling, swinging and shuffling the feet, sitting crooked, clearing the throat loudly and needlessly, are other offences that (very properly) are noted and corrected. None of them, if unchecked, could lead to so serious an evil as near-sightedness. The more studious the child, the greater the danger that he will suffer from the "school-disease." So well is this fact known that the wearing of near-sighted glasses by boy or girl is accepted by the casual observer as an indication of bookishness, if not of actual scholarship. "It looks so intellectual!" It is time that the dangerous habit of holding books, etc., close to the eyes should receive on the part of teachers at least the same attention as that bestowed on minor transgressions like those mentioned.

FRIGHTENING CHILDREN.

WITH painful frequency we hear of cruel "practical jokes" perpetrated upon little children. Again and again comes to us the old story of a child frightened into convulsions by a playfellow who "only wanted to have a little fun." One would think that incidents like this had been enacted and told with ghastly iteration often enough from generation to generation to warn off the most incorrigible fun-lovers and fools from the perilous ground. The progress of the witless plot is generally the same up to a certain point. There is neither originality nor variety in the favorite mode of execution. It sounds trite in the telling. A figure wrapped in the conventional sheet, lurking in a dark corner;

a spring upon the unsuspecting victim, selected because he is the most timorous or delicate of the family or school; dismay, shrieks of anguish blent with goblin laughter—then a difference in the ending. Sometimes no apparent harm is done, unless that one child is made more timid, another more cruel. Again, the nervous system is unbalanced so far that a swoon, or, as in the case before us, convulsions, ensue. Once in a while the innocent subject of the practical joke pays for his tormentor's prank with his reason or his life. In a less flagrant manner incalculable mischief is done in many nurseries by tales of ghosts, bogies, the black man who comes down the chimney to catch children who will not go to sleep quietly, etc. That mother is culpable who, when she finds her child unduly timid, does not watch narrowly for indications that the nervous organism of her offspring has been tampered with, and who, should her suspicions be confirmed, does not follow the clue to its source and banish the criminal from her household.

BARLEY-WATER AND MILK.

BARLEY-WATER is an excellent diluent for milk. It is not only nutritive, but by its mucilaginous quality it retards the coagulation of casein and renders the curds less tough. The *Medical Age* advocates its use in diluting milk for children's food, on the ground of its maintaining a higher degree of nutritive quality in a given quantity of food, and thus reducing the amount of fluid needful to be administered in providing the proper sustenance. Much depends upon the right preparation of the barley-water. The rule of one authority is as follows: Take an ounce of pearl barley and wash it in cold water, then put it in a vessel containing half a pint of water, and let it be gently heated over the fire, so that the water just simmers a few minutes; now pour off this water, replace it by a pint and a half of water, and boil down to a pint, and you then have barley-water.

"The Mother's Parliament" is unavoidably omitted from this issue for want of space.



Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, MAY, 1885.

No. 6.

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

MRS. GAMP IN THE NURSERY.

THERE are mothers who cannot smile, except drearily, over the story of the immortal woman whose name heads this chapter. Immortal in her greed, her affectations, her glozing flatteries of those whom it was politic to conciliate, her gross neglect of the pauper-patient, her arrogance and her ignorance, her horrible relish for the least agreeable features of her profession, her lying quotations and reminiscences—all these are so many drops of vitriol upon the memory of such women as, a score of years ago, accounted subordination to her as a part, and often the least tolerable condition, of the "sacred, primal curse" of their sex.

Mrs. Gamp, as we knew her then, was a matron of mature years or an acrid spinster of the same date. From the moment in which her shadow fell upon the porch-floor of the dwelling to which she had been summoned, to the glad hour when it kissed the front steps in withdrawing, the "muchness of her personality" possessed, pervaded, and filled the premises. Children fled to silent corners at the rattle of her starched calico gown. The husband, at a ludicrous disadvantage in his own sight as in others' eyes during this malign moon, drank his coffee and carved his roast meekly opposite the mob-cap that presided over the family meal. For be it known that Mrs. Gamp would "engage" in no place where she was not

allowed to sit at the first table with the host and hostess. The consequences of her refusal to "stay out the month" were too dire to be faced by the boldest aristocrat who ever wrote himself down a householder. If his wife could endure the despotism that overwhelmed her, he would be a craven were he to murmur that the fringe of the odious sovereignty brushed him roughly.

The poor wife! Bear me witness what was her need of pity, ye sisters whose joy that a man was born into the world was at that era dashed by dread of the grim potentate who threw the foundations of your world out of course! Mrs. Gamp subordinated the wills of the rest of the family. That of her patient was absorbed, soaked up, and squeezed out into naught. Whatever her appetite craved when she had to eat for two was decreed to be the worst thing possible for one "in her condition." The ten days of milk-tea, water-gruel, and butterless toast—happily abolished now by physician and nurse—were made trebly penitential by the unwritten laws of the autocrat in charge. Draughts, from whatever quarter, were protested; the cup of cold water prayed for with tears was condemned as "present death to the mother and a colic-breeder for the infant." To long for a bath was unnatural, to talk of it heresy. Not a sun-ray was admitted to the valley of the shadow of birth. Shut within jealousy-closed doors, smothered in blankets, forbidden to tur

herself in bed, to converse for half-an-hour at a time with her husband, or to caress her children in the hearing of the dragon who had swallowed up her individuality, the nominal queen of the home counted the weary hours of what was daylight beyond her chamber, the heavier ones of the night while the jailer lay snoring at her side, or at best on the other side of the room. One of Mrs. Gamp's wrought-iron principles was never to lose sight of her patient while awake, nor to be out of hearing when asleep. Not a letter was to be read by the sick woman, not a book or a newspaper was tolerated in the guarded precincts, for at least three weeks. Reading, like sunlight, was bad for the eyes "in her condition." If she lacked for amusement, there was always Mrs. Gamp ready with gossip, tattle, and fearsome stories of her manifold ghoulish experiences. Mrs. Gamp prided herself upon her conversation.

"Deluge the room with sunshine!" commanded a physician a few weeks ago—a wise, great-hearted man—standing beside a newly-made mother. "If it hurts her eyes, turn the bed so that it will not strike directly upon them. But have plenty of light. Make a fire in the chimney, ventilate the room well every day, and never let the thermometer rise above sixty-eight, keeping the temperature even all day long. Build up her strength by digestible, nutritious food; keep her cheerful by pleasant chat, books, and papers. Bear in mind that she is not *ill*—only weak and tired; a subject for Nature's cure, not mine."

Set this picture over against the sketch I have drawn above, and be thankful, O young matron! that you have come into your kingdom of maternity in 1885 instead of 1858!

The mother might be dumb and patient. Baby, a born and unschooled rebel, was vociferous in protest against his share of the torture decreed by monthly nurse and winked at by the licensed practitioner. Mrs. Gamp was equal to the situation here also. Proceeding upon the postulate that "all babies were born contrary," she took the new specimen in hand—and a strong hand—promptly. She dosed him as soon he was born with

sweet-oil made thick with sugar; swathed the yielding abdomen and ribs in bands of linen and flannel pinned as tightly as her sinewy fingers could draw them; filled him up to the lips with milk-and-water; jolted him to settle it until he hiccupped convulsively; then poured down catnip-tea and aniseed-cordial to cure the colic, Dewees' Mixture and Winslow's Soothing-Syrup to coax back the sleep she had driven afar. "Her babies" always yelled lustily and loudly, but it was good for their lungs. They rejected three-fourths of the food thrust upon them, but that was a sign of a healthy child. She had "no opinion of children who kept all they got." When she wanted a "real good night's rest" she took the infant to her own bed, to keep it warm and drowsy; and if the slumbers of the two were prolonged, the mother, forbidden to move or call, counted the clock-ticks with anguished senses, in the misgiving lest the then not very uncommon tragedy of an overlaid baby might be made manifest with the coming of the day.

Mrs. Gamp not only ruled, she ramped and rioted over her serfs. A mother who had been settled for the night at nine o'clock, with gruel and growls by her nurse, lay in her darkened chamber, her ears pierced by the screams of the baby in the adjoining nursery. Summoning an older child, she sent her to reconnoitre, and learned that the nurse was sitting in a rocking-chair under a flaming gas-burner reading a novel, the child crying upon her lap. The mother offered through the messenger a timid suggestion: Her babies always slept well in a dark room; would not Mrs. Gamp lay this one in the cradle and turn down the light? The answer came back, crisp and biting as a ginger-snap:

"Tell her it's bad enough to be obliged to sit in the room with a squalling brat without doing it in the dark!"

Let this authentic anecdote suffice as a farewell illustration of the mother's gall-moon in the good old times.

With the abruptness of violent reaction the Trained Nurse came to the relief of the

down-trodden—the relief of refined tyranny. With some honorable exceptions, the work done by her is wholly perfunctory. The discipline of the sick-room and nursery is perfect. Of both there is but one lord, the family physician, and the Trained Nurse is his exponent. Domestic regulations are supplanted by martial law. Mother and child are set down in the professional note-book as “Nos. 104 and 105.” The machinery of the twenty-four hours comprehends cleanliness, quiet, order, weights and measures of nourishment, examinations of pulse, temperature, and other conditions. She administers food and, when prescribed, medicine with the same emotions and air, and, come what may of rapture or anguish, life or death, never forgets her rôle. The mother knows herself to be in the custodian’s sight a piece of jarred mechanism that must be readjusted into working order, and endures the consciousness better than the thought that her baby is but a smaller instrument just out of the factory, to be tested, proved, and carried by the expert for a given number of weeks before it is warranted to run evenly.

The expert’s prices are like her professional tone—high. She throws no sentiment in gratis.

Those who had the privilege of hearing Everett’s oration on “Washington” well remember the burst of applause that interrupted the sentence following his description of Blenheim and Marlborough’s cupidity. “On the banks of the Potomac,” began the silver voice, and the imaginations of the auditors anticipated the grateful contrast.

Comparing the lesser with the greater, I like to believe that the thoughts of each reader will anticipate the life-sketch that does meagre justice to the original:

I know a nurse—and my judgment of my kind is gentler for the acquaintanceship—whose presence in the sick-room is more beneficent than the sunshine she admits freely, the air she invites to enter and purify.

“Now I have sweetened your room!” she

says, withdrawing the screen that has kept off draughts from the bed.

The mother laughs softly in the rosy face, her eyes shining through happy mists.

“You have been doing *that* ever since you came into it.”

Official (and acknowledged) examinations are, in our nurse’s judgment, startling to a nervous subject. Feminine tact comes to the aid of experience when such are needed. Her trained eye does most of the tongue’s work. A glance at the face tells her more than five minutes’ cross-examination would elicit for the perfunctory attendant. She tests pulse and temperature while bathing the patient, arranging the coverings, and rubbing the tired limbs, and invents pretty little surprises for appetite and thought. The invalid and her baby rest under her brooding care with equal delight. It is a study to note her manipulation of the sensitive little being. Professional deftness is blended with involuntary caressing, gentle pats and touches and strokings that are pure womanly and altogether beautiful. Above-stairs her presence is a benison; the well-founded prejudice of the kitchen-cabinet against her order dissolves before her cheery helpfulness, the hearty “Oh! never mind *me*” that answers questions as to what arrangements shall be made for her personal accommodation. She can sleep, eat, live anywhere so long as her charges are comfortable. They fill the foreground for her until the day comes when, amid the lamentations of the household, she wipes her own eyes before kissing her happy, *good* baby “good-by.” Most of her babies *are* good, and she settles them into “regular habits” before leaving them.

“It’s bad luck to cry over a baby,” she brings forth from her endless store of proverbial philosophy. “Always smile when they are looking at you. And why shouldn’t you? It’s a nice world they’ve come into, if people will but take it that way.”

We offer the aphorism as a counter-statement to Mrs. Gamp’s “Piljian’s Projiss of mortal wale o’ grief.”

NURSERY COOKERY.—NO. 6.

NURSERY DESSERTS.

WHILE judicious mothers no longer let very young children eat pies and rich puddings, they do not ignore the craving for sweets which is, to a certain extent, natural in the human system. Some of the desserts for which recipes are here given will be found wholesome and good if prepared for the family dinner:

SAGO PUDDING.

Half a cup of pearl sago, soaked four or five hours in one cup of cold water.

Three cups of fresh milk.

A good pinch of salt.

A bit of soda not larger than an English pea. (This will prevent the milk from curdling while boiling. The precaution should never be omitted in warm weather.)

Heat the milk in a farina-kettle until almost scalding. Drop in the salt and soda, stir two or three times to dissolve them, then add the sago slowly, stirring each spoonful thoroughly. Cook fifteen minutes after all goes in, stirring almost constantly, and beating up the mixture from the bottom to avoid clogging or lumping.

Turn out, and eat while warm, with sugar and cream. This is also good when allowed to get cold in a mould previously wet with cold water. Turn out when firm, and eat with powdered sugar and cream, adding, if you like, a little rose-water to flavor the cream.

RICE PUDDING.

Three tablespoonfuls of raw rice, soaked three hours in cold water.

Two cups of milk.

As much salt as will lie on a half-dime.

One beaten egg.

A bit of soda the size of a green pea. (Be careful not to put in too much.)

Drain the rice in a colander lined with a piece of coarse cloth, and put it in a farina-kettle with enough cold water to cover it. Salt,

cover closely, and steam until soft, shaking up the inner kettle now and then, but never putting a spoon into it. When rice is cooked in this way each grain will keep its shape and be separate from the rest. Try one to see if it is quite tender before taking the vessel from the fire. Should the water not be entirely absorbed, drain off what is left, shake up the rice that it may lie loosely and lightly, and pour in the milk. This should be ready in another saucepan, warm but not scalding, the soda dissolved in it. Return to the fire, simmer fifteen minutes, boil up well once, turn into a bowl, and beat in the frothed egg at once. Eat with cream and sugar.

If this be made the entire meal of a young child, serve in a bowl, sweeten slightly, and add milk to thin it to the consistency of gruel.

BROWN PUDDING.

One even cup of Graham flour, wet to a soft paste with cold water.

One pint of fresh milk.

A quarter-teaspoonful of salt.

A bit of soda not larger than a pea.

Warm the milk until a film begins to form on the top; stir in salt and soda, then the flour paste. Continue to stir until the mixture is thick and smooth. Cook twenty-five minutes, stirring faithfully and beating *up* hard. Pour into a bowl or an uncovered, deep dish.

Eat with sugar and cream. This is an excellent breakfast or dessert for children from two to five years of age.

GRAHAM BREWIS.

One cup of milk.

Half a cup of stale Graham bread, crumbled *very* fine.

Heat the milk to boiling; remove from the fire, beat in the crumbs quickly and thoroughly, as you would whip up cake-batter, and serve as soon as it can be eaten with comfort. Sift sugar on each saucerful, and pour cream or milk over all.



THE INFANT'S EARLIEST DEVELOPMENT.

BY CHRISTINE LADD FRANKLIN.

ANY one who has listened to the usual talk of the mother or the nurse about her baby will have noticed that she endows it with a degree of intelligence which it is quite impossible that it should possess. She has no hesitation in infusing a grown-up mind into the helpless bundle in her arms, and in attributing to it likes and dislikes, perceptions, expressions of will and of temper, and various virtues and failings which are incompatible with its stage of development. It is a very natural misconception. The baby's eyes are quite the same in external appearance whether it is two weeks or two months old, and it requires very careful observing to find out that at first it can see nothing but blurred patches of light and shade, and that it is many months before it can distinguish between a solid ball and a flat picture of a ball. If the imperfection of its power of seeing can easily escape notice, much less is it possible for a grown person who has not given attention to the matter to conceive the vacantness of the infant's mind. Even after its senses are perfectly developed it is only by the slow growth of experience that it learns to distinguish one sensation from another. It is many months before it learns to associate together the shining color, the hardness to the touch, and the cool feeling against its gums of its papa's watch, and so to get an idea of it as an object distinct from the other objects which it is allowed to see and to handle. Consider how far we should be from having any idea of heat and cold if we lived in an absolutely uniform temperature! The baby has no past experience of its own to guide it. It

must have time to compare one feeling with another before it can separate into distinct sensations the confused mass of sensation into which it is born, and still longer time before it can knit together sensations of a different kind and get by slow degrees the right idea of an external world. At a later age, if it is born to be a philosopher, it may find it necessary to undo all this labor of years, to doubt its childish inferences, and to believe that it was too hasty in yielding assent to the common fiction that there are real existences underlying our sensations; but all the same it has to share the common lot of forming that belief by a year or two of observation and experiment almost uninterrupted during its waking hours.

The experience of persons who have been born blind, and who have undergone operations which enabled them to see, shows very plainly that the information we seem to get from our eyes when we open them upon a new scene is in great part the work of unconscious reasoning. How much we have to overlook, as well as to look at, when we recognize the objects around us, any one can convince himself of by a simple experiment. Let him hold a pencil six inches before the eyes and look alternately at it and at a distant tree or other object; he will notice that when he tries to look at the tree two pencils can be seen. But not one of us is conscious that all day long we see everything double except the very thing we are looking at; and some people are so little in the habit of attending to their real sensations that they insist that they cannot see two pencils in trying the above experiment. The enorm-

amount of learning that the baby has to go through during the first year or two of its life might well appall the stoutest-hearted university student. The least one can do to lighten its difficult task is to give it as many things as it asks for to see, and touch, and taste, and handle, and smell, and to keep it always alert and happy, and interested in its little occupations.

It would be a difficult matter to fix upon the exact date of the birth of the baby's mind, so gradually does it begin to inform its little motions and to dethrone the purely animal and automatic activities of its earliest weeks ; but it is certain that the birth of its body marks no important stage in its development. New-born babies are spinal beings, as Virchow has remarked ; their brain is not sufficiently developed to enable them to take any conscious part in life. It is found that the motions of babies born with no brain at all are the same as those of normal babies. The study of the gradual transformation by which the voluntary muscles are brought under the control of the cortex of the brain forms an interesting chapter in Preyer's book on "The Soul of the Child," some portions of which were considered in the January number of *BABYHOOD*. A summary of it can give only an inadequate idea of how very interesting a book this is.

Motions, according to Preyer, are of four kinds : impulsive, reflex, instinctive, and voluntary. Impulsive motions are those which are produced without any excitation from the outside ; the nervous energy stored up in a ganglion cell lets itself off by whatever channel comes easiest, unsolicited by any exciting cause. As my little nurse said to me the other day : "The baby cries because she can." Of this kind are the earliest motions of the baby's arms and legs, the motions of the muscles of the face in sleep, the stretching of the limbs of animals awaking from their winter's sleep—all purposeless motions, in fact, such as come simply from a desire for moving. Reflex motions are made in immediate and unconscious obedience to an external exciting cause, as when the baby draws away its foot in response to tickling.

They can be provoked even *in utero* ; the closing of a hand about a finger which touches it is made use of in obstetric operations for distinguishing a hand from a foot. Instinctive motions presuppose first an impression and then a feeling. They have an object, but they are inherited and unconscious. They are motions which our ancestors have made so frequently that we can perform them without giving them any attention, as the skilful musician is quite unaware of all the complicated motions by which he executes a difficult piece of music. Last come voluntary motions, in which the cortex of the brain takes part—what is not the case in motions of the first and second kind, nor in many of those of the third kind.

The power of voluntary motion is acquired only some time after birth. The process by which it is acquired is thus described by Meynert in the case of winking (see *Science*, v. 112) : If a pin touches the eye of an infant the eye closes. This is a reflex action, carried out entirely without the intervention of consciousness ; but at the same instant a number of impulses are sent to the brain, which on reaching the cortex give rise to the conscious perception of the appearance of the pin, of the pain of the prick, and of the motion which has been performed. These three perceptions occur in different parts of the brain ; but as all parts of the cortex are joined by association fibres, the three perceptions are associated both at the time and in the memory. Hence when the pin is seen again the memory of the pain arises, and also the memory of the motion which stopped the pain, and thus the mere sight of the object may lead the child to close the eye. The perception of the reflex motion has given the child the knowledge that it has a muscle which will move, and the motion, having once become conscious, can be reproduced voluntarily whenever there is occasion for it. Winking is not, perhaps, a happily chosen illustration, as we seldom perform this motion voluntarily ; but similar considerations apply to grasping, for example, which soon becomes exclusively a voluntary action. As

in these instances the association fibres of the brain serve to bring reflex motions finally under the dominion of the will, so in innumerable other cases where impulsive or instinctive motions have happened to accomplish a desirable object the same apparatus confers upon us the power of repeating those motions at will.

The crucial point in the baby's mental development might be taken to be the change from reflex to voluntary grasping. The following stages in the growth of the power of grasping are marked by Preyer: The baby moves its hands about aimlessly from the beginning, especially towards the face. These movements are impulsive and of no meaning; it is nothing more than bringing the arms back into the intra-uterine position. At ten weeks the baby under consideration was able to hold a pencil, but without giving it any attention, looking like a grown person who holds a thing automatically while he is thinking of something else. At eleven weeks the baby's wandering hand caught hold of its father's finger; but closing about something when it feels a touch is a purely reflex motion, not to be mistaken for intentional grasping. At thirteen weeks the baby could hold things longer and more firmly, but still evidently without intention, though many observers might be mistaken about this point. On the one hundred and seventeenth day the baby makes earnest efforts to seize an object—a rubber ring—and its face has a peculiar expression of intelligence which it has not shown before. It seizes the ring more frequently the next day, and looks at it with a pleased and wondering expression. Then it begins to look attentively at its fingers, and on the one hundred and twenty-first day for

the first time it stretches out its arms to its papa with indescribable longing. Then it begins to carry everything to its mouth. Sucking and tasting have hitherto been its chief pleasures, and it is not strange that it regards its mouth as the organ by which it may most reasonably hope for agreeable impressions from new objects. In the thirtieth week it still seizes things with great uncertainty, but in the forty-third week its new accomplishment may be said to be fully acquired. It can seize its papa's beard and pull it with a quite adorable directness and force. The will came into play in this child, then, somewhere from the seventeenth to the nineteenth week. At that time the child wills to hold the object fast; he looks at it and begins to form an idea of it. From this looking at the object seized to the seizing of the object looked at is but a step, but it is a step of tremendous importance.

Mothers may be interested in comparing their children's progress with that of the typical baby, as we may call the hero of Preyer's book; we therefore subjoin the following table:

Motion.	First Attempt.	With intention and success.
Shaking the head.....	4 days.	16 weeks.
Holding up the head.....	11 weeks.	16 weeks.
Seizing.....	117 days.	17 weeks.
Pointing.....	8 months.	9 months.
Sitting.....	14 weeks.	42 weeks.
Standing.....	23 weeks.	48 weeks.
Walking.....	41 weeks.	66 weeks.
Kissing.....	12 months.	23 months.
Jumping.....	27 months.	28 months.



DISEASES OF THE SCALP.

BY GEORGE HENRY FOX, M.D.,

Professor of Diseases of the Skin at the College of Physicians and Surgeons, New York.

THE diseases which affect the scalp in infancy and childhood, and of which there are at least a half-dozen, are for the most part of external origin. They do not necessarily indicate any abnormal condition of the child's blood, as is commonly imagined, or any impairment of the health. Indeed, some of them are contagious, and the healthiest children may therefore suffer from them. These various affections of the scalp are quite distinct as regards their origin and nature, and they possess as characteristic symptoms as measles or scarlet-fever. Each requires a particular mode of treatment, and hence the importance of distinguishing one from another. The following brief sketch may serve to present their leading features, so that perhaps some of the mothers who read *BABYHOOD* will be able to "diagnose" a case occurring in their own nursery in advance of the family doctor. A number of remedies useful in these affections might be mentioned; but remedies are often edged tools, and, if employed without the necessary skill which comes with study and experience, are quite as apt to harm as to benefit.

One of the earliest and commonest of scalp affections is called *Seborrhæa*. It results from an excessive secretion of sebum, or greasy matter, by the cutaneous glands. Every infant at birth is covered with more or less of this fatty secretion, but after the first thorough washing it disappears from the hairless portions of the body. Upon the scalp it is not so readily removed, and when soap and water are not freely used it accumulates and forms an unctuous coating. Particles of dust adhere readily to this greasy skin, so that in the course of a few months a dirty-looking scurf may be seen upon the upper portion or crown of the head. It is more frequently observed among poor and neglected child

but even here it may occur, since the tendency to an excess of fatty secretion is well marked in certain children, and unusual care is required to keep their scalp free from scurf. Daily shampooing with soap and warm water will usually remove the trouble, if there is no itching of the scalp or redness of the skin beneath the crust. When persistent, the affection is liable to excite more or less inflammation, and in some children it may become the exciting cause of the affection next to be described.

Eczema, which is commonly called "salt-rheum" or "moist-tetter" when occurring upon other portions of the body, is frequently spoken of as "scalded-head" or "milk-crust" when attacking the scalp of children. In infancy it usually affects the face as well as the scalp, and is characterized by redness, severe itching, a moist discharge, and the formation of thick crusts. Sometimes one or more lumps may form in the neck from a sympathetic swelling of the glands. The affection is as annoying as it is common, and the only thing that can be said in its favor is that it is not contagious. The use of soap and water, which was recommended in the affection previously mentioned, will only do harm in this affection. The crusts may be softened by rubbing in a little fresh lard or applying a skull-cap made of oiled silk or thin rubber-cloth; but the scalp ought not to be washed regularly until the inflammation has been subdued by appropriate treatment. This may include internal medication as well as local applications. The lumps which may have formed upon the sides of the neck in weakly children need occasion no alarm, as they tend to disappear of their own accord when the inflammation of the scalp is gone.

A peculiar form of baldness is another affection of the scalp which is occasionally met

with in children as well as in adults. The technical name is *Alopecia areata*. In this affection the hair falls out, leaving a small, circular patch of smooth white scalp. Sometimes there are a number of patches, and these may increase in size and run together, thereby forming large, irregular spots of baldness. There is no itching nor other sensation felt, no eruption of any sort upon the scalp, and often the bald spot reaches the size of a quarter or half-dollar before it is discovered. The hairs at the margin of the patch are usually loosened, so that they will come out when gently pulled, especially if the affection is increasing in extent. The cause of the trouble is not usually apparent, and children in ordinary health may be affected. The course of the disease is quite variable; the hair returning of its own accord in some cases, while in others the baldness may persist for a long time in spite of the best-known treatment.

The three affections already mentioned are non-contagious. There are other contagious scalp-diseases which are usually spoken of as being parasitic in nature, and which result either from the growth of a vegetable mould or fungus upon the scalp, or from the presence of well-known insects in the hair.

Ringworm of the scalp is one of the most obstinate and annoying of these parasitic affections. In medical works it is described under the name of *Trichophytosis* or *Tinea tonsurans*. It occurs in the form of circular, dry, scaly patches of variable size, and occasions a peculiar destruction of the hair growing from the affected spots. The cause of the disease is a microscopic vegetable organism somewhat similar to the mould which grows upon a damp wall. This finds its way into the deepest portion of the hair-sacs, and its spores multiply not only in the skin but in the shaft of the hair itself. This occasions a dryness and brittleness of the affected hairs, which usually break off close to the scalp, leaving a bald spot or patch of scalp covered with a growth of short stubble. The affected scalp is dry and scaly, and thus differs from the smooth, white, velvety spots of *Alo-*

pecia areata. Ringworm of hairless portions of the body is always readily cured, but upon the scalp of children it is often a very intractable disease, and especially when it has existed for a few months. When one child in a family becomes affected the disease is very apt to attack others; and in schools and asylums it often spreads rapidly from one child to another. Hence the necessity of keeping a child with ringworm away from school, and summoning medical skill to cure the disease as speedily as possible whenever it is discovered.

There is one form of ringworm known as *Favus*, in which small, yellow, cup-shaped specks develop upon the scaly surface. When untreated this leads to the formation of thick, mortar-like crusts upon the scalp and to a permanent destruction of the hair. This disease is, fortunately, rare in this country, and only met with, as a rule, among poor and neglected children.

The presence of lice in the hair occasions another disease of the scalp, which, though very common among the poorer classes of a community, is by no means confined to them. All children who are attending school or associating with many other children are liable to contract *Pediculosis*, or *Phtheiriasis*, as the disease is termed in medical works. Indeed, the heads of some children seem to be especially attractive to the insects in question, and very frequently their presence in the hair of a child or adult is utterly unaccountable. A common idea that the insects find their way only to the heads of especially healthy children is as erroneous as another idea, common among the unintelligent, that such children are predestinated to become rich. An itching of the scalp is usually the first indication that something is wrong. A careful investigation now reveals the fact that some of the hairs are beaded with little, whitish specks, which are the "nits," or eggs, of the insect. These are always deposited upon the hairs close to the scalp; and, therefore, when many nits are observed upon one hair and at a distance of several inches from scalp, it is a proof that the disease has existed for such time as would allow the

to grow that length. The itching of the scalp produced by the presence of the insects, and the consequent use of the finger nails, often give rise to a slight eruption and sometimes cause eczema. Indeed, in the case of children who inherit a predisposition to eczema,

either ringworm or lousiness may act as an exciting cause; and thus it happens that a child's scalp may become the seat of two distinct diseases, the one obscuring the other, and thereby rendering difficult their diagnosis and successful treatment.



COUNTRY HOUSES AND THEIR SURROUNDINGS.

BY WM. PAUL GERHARD, C.E.

WHILE rural life possesses, in sanitary respects, certain undeniable advantages as compared with life in cities, the mere fact of living in the country tends with many people to create a false sense of security, so that they are apt to overlook the presence, in the vicinity of their abodes, of fruitful causes of disease. Much sickness arises in the city from impure air, but we find in the country a greater danger from contamination of the *drinking-water* by impurities passing through the soil; moreover, the atmosphere in the vicinity of country houses, and the air entering the house through doors and windows and through the air-inlets of the heating apparatus, may also be vitiated if no regard is paid to the proper disposal of waste matters from the household. The removal of sewage from habitations, the introduction of a pure and never-ceasing supply of water for domestic purposes, and the removal of garbage and ashes are sanitary measures carried out in cities by the public authorities; and the householder may confine his attention, so far as his dwelling is concerned, to the supply of air—in other words, principally to the heating apparatus and the plumbing. In the country, on the other hand, his care and exertion should first of all be directed to the sources of drinking-water—the well, cistern, spring, or pond, as

the case may be—and to the means of removing and disposing of the waste matters from the house.

THE ESSENTIALS OF A COUNTRY HOUSE.

In selecting a country home an important consideration is the character of the soil on which the house is located. Preference should always be given to dry, sandy, or gravelly soils. Alluvial and clay soils must be avoided as tending to be damp and chilly. Careful search should be made for abandoned cesspools, or overflows from cesspools into open ditches or ponds. As regards the external sewerage, one may safely assume that the drains, unless they were recently remodelled, are not as they ought to be in order to prevent contamination of the subsoil and accumulation of putrefying organic matter in the pipes. The next step should be the careful examination of the house itself. It is well to begin the inspection in the cellar. If there is no cellar, make sure that the house is well raised above the surface level on piers; that there is abundant air-space between the ground and the building, otherwise ground-air is liable to rise into your rooms; furthermore, see that there be no rank or decaying vegetation underneath the house. Light and air should always be freely admitted into a cellar, and nothing kept or stored in it that

might taint its atmosphere; for any impure air is sure to rise and pervade the whole house. The floor and walls of a cellar must show no signs of dampness. A perfectly-built house should be completely separated from the surrounding soil by a water and air tight cellar-floor and by damp-proof foundation-walls, to prevent ground-air and soil-moisture from rising. The whole site of the dwelling should be dry; if necessary, it should be well underdrained, and all subsoil water, especially if there is a hillside sloping towards the house, should be cut off and removed by special drain-trenches or, better, tile-pipes, which latter ought to be kept isolated from any foul drain or cesspool.

It is hardly necessary to say that the house should receive all the sunlight possible. Roofs of broad piazzas often rob the rooms of too much of their sun, and sometimes the mistake is made of encircling the house too closely with trees. That room should be selected for the nursery which receives most sunlight and is least exposed to damp and wind. Special attention should be paid to the arrangement of pantries and store-rooms. They should be well lighted as well as perfectly ventilated, for darkness is a prolific cause of dirt. Special cleanliness should exist wherever infants' food is stored, for it is well known that milk very readily absorbs any impurities from the surrounding air and becomes unfit for use. Small refrigerators for storing articles of food should never have any connection with pipes carrying foul sewage.

Warm-air furnaces should not take the air from the cellar, but have large, well-constructed fresh-air boxes taking a supply of air from outside, preferably from the sunny side of the house. The inlet of the cold-air box ought not to be located near the surface, and care should be taken not to let any garbage or filth accumulate anywhere near the opening.

A sanitary inspection would be incomplete without a detailed and thorough inquiry into the condition of the house plumbing, but want of space forbids our referring to it at length.

THE WATER-SUPPLY.

Two subjects of great importance in the case of country homes, and intimately connected with each other, require particular consideration—the water-supply and the disposal of the household wastes. A public supply is seldom available, and drinking-water must usually be drawn by buckets or pumps from a well on the premises, sunk to only a shallow depth, and often liable to be contaminated from surface-washings or by careless dipping into it of unclean vessels. It sounds like a truism to say that wells supplying drinking-water must be most scrupulously watched and kept free from contamination; yet how seldom is proper care bestowed upon this matter! The drain which carries the liquid wastes from the house to a cesspool often passes near the well; and unless it is laid with unusual care and forethought by experienced workmen its imperfect joints and broken pipes will allow the slops to leak into the soil, from which they pass by filtration into the well. But the most frequent and most dangerous cause of contamination of wells is the leaching cesspool—that vast receptacle of decomposing organic matter from the household, thoughtlessly located more often than not in close proximity to the well. A leaching cesspool is at best a makeshift and an unsanitary device. It is much safer to establish a rigid rule that wherever a neighborhood must depend on wells or springs for its water-supply leaching cesspools must not be tolerated at all. In any case, before permitting the water from a well to be used in your household have a sanitary examination made by a competent chemist. If this reveals any pollution by sewage, use rain-water for cooking and drinking purposes. With the exception, perhaps, of the smallest houses, the rain falling upon the roof yields water sufficient in quantity for all ordinary household purposes; and if common precautions only be observed in collecting and storing it rain-water is perfectly healthful. Care should be taken to have the roof and gutters clean, and the first washings, retaining dust and some organic matter, to

always to be allowed to run off on the surface by a cut-off or separator, worked by hand or arranged to act automatically. The cistern for storing rain-water should be built thoroughly tight, and be protected against any possible pollution. It should be ventilated and thoroughly cleaned every summer. The overflow-pipe from a cistern must never discharge into any foul drain-pipe or cesspool. It is a good plan, which adds only a trifle to the cost, to build a partition of bricks with loose joints, dividing the cistern into a large and a small compartment, which dividing-wall will act as a filter. In summer it is a good precaution to boil the water first, next to cool it with ice and aerate it before drinking. The proper way is to have water-coolers with outer and inner chambers—the outer for the melting ice, the inner one for the pure water. Drinking-water may be purified by means of household filters; but if such are used they must not be left in care of thoughtless servants, since they require to be frequently cleaned, otherwise their purifying action ceases, and the filtered water soon acquires a bad taste, due to the organic impurities retained in the filtering material. If a tank is arranged to supply plumbing fixtures it should be located in the attic in some accessible place, protected against entrance of dust or vermin, and ventilated by a suitable opening into the outer air. This tank must never be used to supply the water-closet bowl, which latter always requires a special flushing-cistern.

PROPER DISPOSAL OF SEWAGE.

Concerning the best way of disposing of household wastes, and of avoiding the cesspool nuisance, the aim should be, first, to remove them from the house and its immediate vicinity as fast as practicable, and, next, to utilize them as much as possible for agricultural purposes. The upper layers of the earth have the power of destroying, within a short time, the noxious elements of all buried organic matters, because the oxygen of the atmosphere has free access to the pores of the soil near the surface of the ground. A good substitute for the leaching cesspool in the

case of smaller country houses is a tight sewage-tank, to which the liquid house-wastes are delivered, and from which they may be pumped by means of an ordinary garden-pump, with hose attached, and distributed in the vegetable garden. This may sometimes be objectionable where the garden is very near the house. If the dimensions of the cesspool are large and the sewage is stored for a considerable space of time, this means of disposal may be more or less offensive. In such cases a better system, and one capable of wide adaptability, is the *subsurface irrigation system*, in which the liquid is distributed by gravity at a depth of about ten inches below the surface by means of small porous tile-drains, laid in parallel lines under a lawn, or in a garden. The sewage should be discharged into the distributing pipes in large quantities and at intervals. An intermittent discharge is desirable, to allow the filtered liquid to soak away in the ground while the organic impurities attaching to the earth are being rapidly oxidized and assimilated by vegetation. In a properly-arranged system the irrigation field will be entirely free from noisome odors, and the purification process will go on even in severely cold weather.

PURE AIR AROUND THE HOUSE.

Having a properly-arranged system of disposal of the house-sewage, and a water-supply ample in quantity, of perfect purity, and well guarded against contamination, it remains to remove any causes tending to a possible pollution of the atmosphere around the house. The lawns and walks, the yard and the garden constitute in summer-time the playgrounds of the children. Let every possible precaution be taken to prevent any accumulation of rotten vegetable matters or kitchen offal of any kind. Remove manure-heaps or accumulations of rotten vegetation; see to it that all ventilation-pipes for drains or the sewage-tank are carried to a safe height above ground; abolish any privy for the servants or farm hands, substituting for it a well-ventilated and well-managed earth-closet. Let barnyards and stables near dwellings be kept scrupulously clean.

Never tolerate the throwing out of any slops from the kitchen window. Even pure surface-water from rain-storms or snow-falls should be carefully removed to prevent undue dampness and rising moisture. Where rain-leaders do not deliver into a storage cistern they ought to discharge into earthen pipes, laid, with great care and with a true grade, on a firm foundation, delivering the water into some convenient ditch, open water-course, or gutters of roads. Rain-water should be removed at least to such a distance from the house that soakage into the subsoil will not cause dampness of the cellar-walls. It is inadmissible to connect the rain-leaders to the house-drain discharging into a cesspool, and it is quite important to

ascertain that no rain-water pipe, terminating, perhaps, near upper bed-room windows, acts as a ventilator to any foul drain. That portion of the rain falling directly on the ground surrounding the house must be diverted by proper grading, so as to protect the foundation-walls.

We shall conclude our remarks with the advice that no country house should be purchased or leased the sanitary condition of which has not been carefully examined into. Few persons possess the technical knowledge requisite for determining whether all the existing conditions are satisfactory, and it is therefore safer to employ, where possible, the services of an expert.



NURSERY LITERATURE.

SOME MEDICAL BOOKS ON THE CARE OF INFANTS.

THOUGH similar in their subjects, the two little manuals whose titles are given below differ greatly as to their origin. The one comes with the authority of the French Society of Hygiene. In 1878, it appears, this society held a *concours* upon the Hygiene and Education of Infants. Fifty-three essays were presented, to ten of which prizes were awarded. The manual is a condensation of the matter of these essays, and is prepared by a committee of the society. The other is written by Dr. Jex-Blake, a well-known

female physician, now of Edinburgh, who is also lecturer on hygiene at the London School of Medicine for Women.

Naturally, the two essays cover nearly the same ground. The French manual begins with advice to the mother before the birth of the child. It then passes to the nourishment of infants, considering the mother's milk, the wet-nurse, the bottle, the mixed plan, and the nursing from an animal. The subject of artificial feeding receives, however, but scanty treatment, as the committee seem impressed with the truth of the phrase, "To tolerate bottle-feeding at Paris is to absolve infanticide." Then follow chapters on Weaning, Teething, Clothing, on the Nursery and Surroundings, on Going Out, and on Vaccination. Most of the advice is very sound, although a good deal has in view customs which do not exist with us. It is plainly and intelligibly written, with now and then a lapse into rhetoric

"Hygiene and Education of Infants; or, How to take care of Babies." Translated from the French by Geo. E. Walton, M.D. Cincinnati: Robert Clarke & Co.

"The Care of Infants: A Manual for Mothers and Nurses." By Sophia Jex-Blake, M.D. New York: Macmillan & Co.

which seems a little odd, especially when it is compared with the matter-of-fact manner and style of the other little manual.

Dr. Jex-Blake begins with some introductory remarks on infant mortality which are wholesome reading. The first chapter is on the newborn infant, and contains the necessary directions to the nurse as to what she should do and what not do for the new-comer. The other chapters are on Food, the Nursery, Exercise and Rest, Clothing, the Skin and Baths, Vaccination, and Minor Ailments. The chapter upon food includes an argument for the necessity of breast-milk, a regimen for wet-nurses; a discussion of the damage done by improper food, of the composition of milks and of the methods of making the milk of animals more nearly resemble human milk, of the proper times of giving food, and of changing its composition from the milk alone. All of these topics are briefly treated, but with great good sense. The same may be said of the chapter on the nursery, although some of the recommendations as to ventilation can hardly apply in our severe and changeable winter weather. The other chapters are full of sound advice and excellent suggestions. In that on vaccination very much the same ground is covered as in the article in the first number of *BABYHOOD*.

Space forbids our quoting from this little book, but we can commend it to our readers without hesitation.

BOOKS FOR CHILDREN.

"**A**PPLETON'S CHART PRIMER" is to be used with or without charts, designed by the author, Mrs. Rickoff. "It is for use," she says, "during the first school-days—days especially wearisome to the children and teasing to the teacher." Mothers who prefer teaching their children at home until they are eight or ten years old will find this little book useful. It repeats words in many ingenious ways until a child learns them, because it is impossible to forget them. It also trains the eye to "keep the place" and take in the whole of a sentence at once. Some of the words are expressed in pictures like those of the old "Mother Goose in Hieroglyphics," dear to the children of thirty years ago. The pictures are in simple outline, and can easily be copied on a nursery black-board by a mother, nurse, or older child. A few words are given with every page of outlines. The larger pictures, of happy groups of children

at play, are meant for lessons in color, which children cannot be taught too early. As the color-sense is sometimes entirely wanting, so there are naturally different degrees of appreciation of color in different children; and much may be done by a skillful mother to develop her children's perception of shades and tints.

There is so much difference, even in members of the same family, in quickness of learning to read that no method of teaching is adapted to all children. Some boys and girls never need primers or coaxing, but learn to read at five years old by spelling out blown-glass letters on bottles or words on signs. Others resist all seductions of stories and picture-books, and at twelve read slowly and painfully. The general average at twenty is, however, about the same. Therefore, dear anxious mother, if you think that your Annie, who reads the newspaper before she is six, is on the way to share the fate of Kingsley's turnip, do not take away her books. Give her fresh air and out-of-door games, and reading will take its proper place as a resource on rainy holidays and Sunday afternoons, when unlettered children make life a burden to their elders. If Jack at twelve is toiling through words of two syllables, have patience and give him short and interesting stories, making him read a fixed amount every day. "Reading and writing," Dogberry says, "come by nature," and not all children are born students of books. Inventors, naturalists, artists, generals, would be fewer if they were.

It is easy to teach children to love and be kind to animals and to watch their habits. The first and second volumes of Appleton's *Natural History Series* are useful aids in cultivating kindness and the observing faculties. The first is filled with stories of cats, dogs, horses, sheep, and cattle, illustrated with old and new woodcuts of varying merit. Pictures of a cat's foot, teeth, and eyes, an explanation of how she moves, stories of dogs' brave deeds, a description of a horse's mouth and of the work which cattle can do, awaken a child's interest in the animals around him. The second book begins with the habits of hens and chickens, and goes on to other barnyard fowls and house-birds, then to wild birds and quadrupeds, and the changes of frogs and insects. A few entertaining stories of animals, merry jingles, and little poems finish the book. The woodcuts are better than in the first of the series, and the information given on the habits of animals is correct, so far as it goes. The working of a toad's tongue might have been explained more fully than it is.

BABY'S WARDROBE.

SPRING STYLES.

ALREADY the counters of the shops are laden with airy and light-colored fabrics for children's summer wear, and never was the exhibition prettier or the choice more varied. Formerly any delicate-colored figure which dotted or flowered the white or light background of a wash-fabric was looked upon with suspicion by the prudent purchaser with mind and an eye to the ordeal of the laundry and its ruinous effect upon all tempting, delicate tintings. But of late, after long trial and various experiments, most of the modern dyes have become "fast colors" in even the most delicate shades of mauve, pale-blue, pink, and the like, and this, too, among the cheaper grades of percales, muslins, ginghams, and other inexpensive summer goods. A number of pretty American lawns purchased by a lady two seasons ago for her little girl's wear, and costing the very low price of eight cents a yard, were laundered once and again during the two seasons, and in every instance the gay little figures which dotted the white ground held their own to the last. A tuck or two has to come out to add to their length, but with this exception the little gowns are still in good condition for another season's wear for morning under the little maid's long white aprons.

Among the lengthy list of dress-fabrics are the pretty Chamberlys, French sateens in tiny figures, appropriate for children; the always popular percales, which give general satisfaction, and this season present themselves in new and attractive designs and colorings; and the gay French ginghams, which are especially desirable, being well fitted to endure all the wear and tear of a summer's campaign out of doors. The colors in the small plaided ginghams are so clear and beautiful, and the fabrics themselves so fine, that one could very easily mistake them for the little checked Louisine silks which, by the way, are to be very popular this summer for best dresses for little girls. In other French cotton goods are shown some very dainty hair-line stripes and checks of cream and blue, white and pink, and also small, neat floral designs over pale-colored or white grounds, all of which will make charming little afternoon dresses to be trimmed with Hamburg edgings, colored embroidery, or stout Irish lace. A lady writes to

ask for a model for white dresses for her little boy. We give herewith an illustration of a distinctively boyish dress. The needlework trimming below the waist can be changed to a plain, short skirt simply kilted, but for a best dress the embroidery is a very handsome finish.

Madras goods, zephyrines, and momie-cloth in dark colors, and the firm French cambrics that imitate the last in design, are just now in great use by firms manufacturing children's clothing—the goods being made into morning dresses for spring wear. Their otherwise sombre effect is relieved by the free use of Hamburg embroideries as a trimming; and these fabrics, together with the ginghams of one plain color adorned with embroidered gingham edgings to match, are next in popularity, for present use, to the standard dark-blue flannels or other deep-colored woollen stuffs. There are days, however, throughout the entire summer, when serge or flannel dresses are needed by little children, and at least one or two woollen suits are indispensable to each tiny wardrobe. This spring some uncommonly graceful little dresses designed for country use are made of soft camel's-hair, trimmed with rows of narrow velvet; and also of light-weight ladies' cloth, garnished with straight rows of narrow braid. The latter fabrics are now adopted for suits for younger children than have heretofore worn them, the little dresses and jackets proving more durable and wear-defying than even the best of flannel goods; they are, therefore, an exceedingly good fabric for little boys' use. When the blouse waist and kilted skirt are not desirable the model here illustrated will be found an attrac-



tive one. This design, one of the "Domestic" patterns, is also particularly appropriate for little boys' summer suits of piqué or Marseilles. Apropos of these fabrics, many mothers will be glad to know that these two materials are again coming into vogue. They should never go out of fashion, for nothing in the long line of white goods can equal them for durability and hard ser-



vice. White braid-work is to be used upon the front and sleeves of the waist, and upon the Vandyked tabs which fall over each box-plaiting on the skirt. Where the piqué goods are figured, or stamped with a leaf or flower, no trimmings are used except the narrow white braid which is stitched on as a binding to all the edges of the suit. The pattern begins with a size to fit a child of two years.

This model can be used for heavier fabrics of wool, or for seersuckers, or gray or buff linens, with excellent effect. Corduroy gingham could also be employed for morning suits. These goods are among the novelties showing strong, heavy threads alternating with fine, delicate ones.

For dresses for every-day use tucking has, in a great measure, taken the place of knife-plaitings, or even kiltings, the tucked skirt being much easier to "do up" than one upon which every separate fold of the quilled ruffle or kilt has to be laid smoothly before the iron touches it. Even woollen dresses are tucked, if not too heavy in quality. Among the fine textiles shown this season are the Albatross goods, veilings, and French cashmeres. Gimps and sleeves of silk-embroidered cashmere or veiling are made to wear with princess slips or Mother Hubbard skirts of the plain goods, these being often finished at the bottom with a deep hem and five tucks above. Occasionally gay ribbons, matching the color of the silk embroidery, are knotted

on the shoulders in cunning little butterfly bows. A simple and inexpensive dress of this kind may be made of Turkey-red calico, with the Hubbard portion in front and back filled in with tucks running from the square neck to the ruffle on the bottom of the skirt, embroidered in scallops and dots of Turkey-red cotton. The gimp may be a plain red calico one, laid in tucks, or be formed of "all-over" embroidery in red, matching the ruffle on the skirt. A dress from England, made for a little girl of four years, is made in similar style, of Neapolitan-blue serge trimmed with flounces of cream-colored Irish point, or Carrickmacross, as it is called. The gimp and sleeves are of cream-colored "all-over" embroidery in "wheel" designs.

Notwithstanding the great popularity of the little Hubbard gowns, the princess dress, much changed from its original form, is still worn by many little girls, the full drappings upon it and the shirred blouse-plastron or vest-front now giving a softening effect to the straight, severe lines of the dress as originally modelled. These little trimmings on the dress, besides being a great addition, are also an economical fashion, as by making the vest or blouse front, collars and cuffs, of contrasting material, many short lengths or remnants of dress-goods may be utilized.

The greater number of outside garments are plain, and some of the "tailor-made" jackets modelled for little baby forms are particularly admired. Some of the new wraps in pelisse shape have a shoulder-cape added, which is made separate from the wrap. Cunning little half-fitting jackets for little girls are made of striped flannel, self-lined with eider-down, and are simply finished in herringbone on cuffs, cape, and hem. In dressy wraps we may mention those of cream-white serge trimmed with rows of velvet, with hood to match, lined with velvet. Other wraps are made of plaided cloakings, cloths in dark, rich colors, the different shades of mushroom, seal-brown, plum, etc., and of the new Astrakhan jersey cloth in all fashionable shades.

Mrs. "L. M. J.," of Washington, D. C., asks for a pretty design for dresses for a baby-boy of twenty months to whom "Hubbard" dresses are not becoming. The Hubbard dress in its original shape has the disadvantage of giving a very broadening effect to the form of a child of the chubby order. The April number of BABYHOOD, however, contained an illustrated design of a modified Hubbard with no fulness at the sides, thus removing its objectionable feature. In plain gored dresses the French sacque shapes

are most used, some of these cut with a sacque front, just easily fitting, and a princess back. Others have a princess effect in front and a French back, with no side-gores on the waist, ending below the belt in a number of flat kiltings, which give a full, dressy look to the back breadths of the skirt.

INFANT'S FIRST SOCK.

THE materials are white and colored Saxony yarn. Use steel needles, No. 16. The sock is commenced at the foot. With the colored wool cast on 28 stitches, and knit 1 plain row. Second Row—2 plain, pick up a stitch and knit it, 24 plain, pick up a stitch, 2 plain. Third Row—All plain. Fourth Row—2 plain, pick up 1, 26 plain, pick up 1, 2 plain. Fifth Row—All plain. Sixth Row—2 plain, pick up 1, 28 plain, pick up 1, 2 plain. Seventh Row—All plain. Eighth Row—2 plain, pick up 1, 30 plain, pick up 1, 2 plain. Ninth Row—All plain. Tenth Row—2 plain, pick up 1, 34 plain. Eleventh Row—All plain. Twelfth Row—2 plain, pick up 1, 35 plain. Thirteenth Row—All plain. Fourteenth Row—2 plain, pick up 1, 36 plain. Fifteenth Row—All plain. Sixteenth Row—2 plain, pick up 1, 37 plain. There will now be 40 stitches on the needle. Knit 5 plain rows. Twenty-second Row—15 plain; then, keeping the other stitches still on the needle, knit these 15 stitches plain backwards and forwards for 25 more rows. Forty-eighth Row—15 plain; then cast on 25 stitches on same needle, and knit 5 plain rows. Fifty-fourth Row—2 plain, narrow, 36 plain. Fifty-fifth Row—All plain. Fifty-sixth Row—2 plain, narrow, 35 plain. Fifty-seventh Row—All plain. Fifty-eighth Row—2 plain, narrow, 34 plain. Fifty-ninth Row—All plain. Sixtieth Row—2 plain, narrow, 33 plain. Sixty-first Row—All plain. Sixty-second Row—2 plain, narrow, 28 plain, narrow, 2 plain. Sixty-third Row—All plain. Sixty-fourth Row—2 plain, narrow, 26 plain, narrow, 2 plain. Sixty-fifth Row—All plain. Sixty-sixth Row—2 plain, narrow, 24 plain, narrow, 2 plain. Sixty-seventh Row—All plain. Sixty-eighth Row—2 plain, narrow, 22 plain, narrow, 2 plain. Sixty-ninth Row—All plain. Bind off.

Then, with the same needle on which you still have 25 stitches, pick up 13 stitches across the instep and 25 stitches along the other side, knitting each stitch as you pick it up; knit 1 plain row, and bind off all.

Now take the white wool and pick up 15 stitches

across the instep. (Pick up your stitches at the back.)

First Row—All seamed.

Second Row—2 plain, make 1, 4 plain, slip 1, narrow, pass the slipped stitch over, 4 plain, make 1, 2 plain.

Third Row—All seamed.

Repeat the second and third rows 3 times more.

Tenth Row—2 plain, make 1, 4 plain, slip 1, narrow, pass slipped stitch over, 4 plain, make 1, 2 plain; now pick up 18 stitches along the side, skipping the first 6 stitches (when the sock is finished you will find a piece of the instep to be sewed to this).

Eleventh Row—Seam 33 stitches, and then pick up 18 stitches along the other side, seaming each stitch as you pick it up.

Twelfth Row—2 plain, make 1, narrow, 2 plain, make 1, 4 plain, slip 1, narrow, pass the slipped stitch over, 4 plain, make 1, 3 plain, make 1, 4 plain, slip 1, narrow, pass the slipped stitch over, 4 plain, make 1, 3 plain, make 1, 4 plain, slip 1, narrow, pass the slipped stitch over, 4 plain, make 1, 2 plain, narrow, make 1, 2 plain.

Thirteenth Row—All seamed.

Repeat the twelfth and thirteenth rows till the leg is long enough; finish the top with 7 plain rows. Fold the sock together and sew it up on the wrong side; full the toe in a little. Run ribbon in around the ankle. For a larger sock single worsted may be used.

AUNT RUTH.

INFANT'S BAND.

IN the March number of *BABYHOOD* we recommended the use of knitted bands for infants. Some of our readers will probably be glad to be told how to make them. Begin by casting on 60 stitches on No. 17 needles (Milward's gauge). Knit in rounds as for an ordinary stocking. Work in ribs of three plain and purl two. A depth of seven or eight inches will generally suffice. When the requisite depth has been reached cast off all but 12 stitches. Upon these knit back and forwards plain for fully an inch, narrowing once at the beginning of each row until the stitches are all disposed of. This makes a tab of sufficient size to pin the band down securely. One ounce of three-ply Saxony will make a band. For summer-wear these bands may be made of silk, but in using this material more stitches are required, even with the same size needles.

C. M. B.

THE MOTHERS' PARLIAMENT.

WHAT REALLY HAPPENED.

To the Editor of *BABYHOOD* :

John, senior, is Papa, *ætat* thirty. John, Junior, usually addressed without the prefix, was two years old December 13, 1884. Visitors exclaim over him as a "love of a child"; his mother secretly believes him to be perfectly beautiful; mulatto Sally, who has nursed him from his birth, pronounces him "a *cheruphim*, if there ever was one on earth." Since a certain day last month John, senior, considers him "a handful."

On that day Junior, who had hitherto been obedient to the ukase prohibiting him from touching anything on his father's writing-table, entered the library, where that personage was at work, marched audaciously up to the desk, snatched an open letter from under the busy fingers and threw it upon the floor.

"Now! 'Ook, Papa!" ejaculated the cheruphim, locking his fists at his back, and putting up his lower lip in a defiant pout that made him into the loveliest picture his mother had ever looked upon.

"Junior is a naughty boy!" said the father, judicially. "No, Mamma!"—for she stooped to recover the paper—"Junior must pick it up and put it back on the table."

"'Ont!" uttered the angel smilingly.

"My lamb!" (deprecating) from the mother.

"Pick it up, sir!" (magisterial) from the father.

Both Johns have bright brown eyes. They met now with a dangerous flash, as when two rapiers strike full on the edges of the blades.

"Junior—'ont—pick—it—up!" The pout was angry; a small heel rang sharply on the hearth.

John, senior, pulled open a drawer and took therefrom a strip of whalebone that might have been tossed there after the fall dressmaking was over. Mother and child had seen it once before, on a dreadful November afternoon neither had forgotten. They recognized it immediately, the one with paling, the other with reddening, cheeks. A sibilant sigh cut the awful hush that fell upon the three at its appearance. The father answered it :

"My dear" (in ominous composure), "I am going to see this thing through. You had better leave the room."

"John dear, I am sure the darling will—"

"Obey me? So am I. It is a mere question of time. For your sake—and his—you would do well to leave us. He thinks you sympathize with him."

Did she? Her anguished gaze devoured him, standing erect before the parent transformed into judge and lictor. The beautiful eyes were wide and ablaze; the baby-feet were planted firmly and far apart on the floor; the baby-mouth was shut in a hard line. She fell on her knees beside him, gathered him into her arms; her wail was out of the depths of a wrung heart :

"O my boy! do what Papa tells you to do! Pick up that paper for Mamma!"

Then (will she ever forget it?) he twisted himself loose from her embrace and struck her full in the face, his own inflamed with rage.

"Go 'way, bad Mamma! Junior 'ont!"

Weeping aloud as she went, the mother fled to the remotest recesses of the house, shutting the doors behind her, not to hear the pursuing shrieks.

"Now," persisted the father, suspending the punishment and speaking with slow distinctness, "pick up that paper and lay it on the table! Do you hear?"

A mighty breath of relief escaped him as the child moved toward the letter.

"A sharp fight, but a short one!" he murmured.

Junior put out—not his hand, but a little foot. Catching the toe under the edge of the paper, he pushed it along to his father's chair, there gave it a dexterous flirt that nearly landed it on the senior's knee, and delighted at the exploit, laughed out gleefully, the tears arrested at their fount.

John, senior, put the paper back on the very spot where it had lain before.

"That won't do, young man! Take it up with your fingers!"

Again brown eyes struck fire against brown eyes. The chubby hands clutched one another behind the stiffened spine, and between locked teeth came :

"Junior *thay* he 'ont!"

The mother, through all the closed doors, heard the outcries that ensued, then the stern tone of command intermitting the ground-swell of sobs.

"Papa" (the blood welling unseen with every stab the parent dealt himself) "—will—whip—his

—boy—until—he—picks—that—paper—up—
with—his—hands—and—lays—it—on—the—
table!"

Victory at last! Down dropped the boy on his hands and knees, crawled up to the hateful object of contention, deliberately bent his head, picked up the letter *with his teeth*, crept in the same dog-like fashion to his father, and laid the prize on his boot!

May the writer submit a question to the readers of this true story?

What ought John, senior, to have done?

X.

A "BILL OF FARE" THAT WORKS WELL.

To the Editor of BABYHOOD:

I have read with much interest each number of BABYHOOD, and feel that there are more experienced ones than I at its head to answer the mothers who propound the "Nursery Problems." But one letter in the March number relating to "A Varied Bill of Fare" made me feel like giving my experience in regard to feeding my baby, now nineteen months old, as I think it is somewhat unusual. I am convinced that the food I gave her was just what she needed, as she grew and kept well under it, never having had any ailment whatever, with the exception of a trifling indisposition while teething. Her bowels have always been in good order. I weaned her entirely at fourteen months, though I had been giving her milk, at first diluted with water, since she was nine months old, and increased it gradually, so that when she was weaned she had been reduced to one meal a day of her mother's milk, and had none at night for some months. I kept her on milk alone for another month, when she began to let me know she needed something else. I proceeded very cautiously in giving her other food, always keeping her *chief* food milk, and watching the effect on her bowels, as I knew if they were kept regular her food was right. Her "bill of fare" for the last few months has been chiefly as follows: Breakfast, bread and milk—milk not *boiled*. Dinner, either meat-broth with rice and bread in it, baked apple with bread and butter, or rice and milk, or farina and milk; *very* occasionally baked potato and *salt* alone; lately an orange sometimes for dessert; *warm* milk to drink. Of these articles I choose her dinner, giving either one or two of them, and have found them so far sufficient. Her supper is either bread and milk or bread and butter, with warm milk to drink. Once a week, sometimes twice, I give her oatmeal with

milk for breakfast. It is apt to make her very loose in the bowels, so I am cautious about its use. I do not give her *sugar* with any of these things, and she does not eat between meals. I have found it true, as you say, that a child will soon let you know when it is tired of a certain kind of food. When my baby *does* get something new, how she enjoys it!—much more than if she had a great variety every day. Hoping my experience may be of some use to those who are searching after the "better way," it is respectfully submitted. L. O. F.

CANTON, O.

"WORMS" ONCE MORE.

To the Editor of BABYHOOD:

I was glad to know your opinion of the "worm" question in your answer to "Talking in Sleep." Some friends of mine declare that nearly all of my Baby's ill-feelings are caused by "worms," and say, give her salt, pumpkin-seeds, and, worst of all, that awful castor-oil. To the last I reply, Never, for my mother raised three girl-babies without using a bit of it. If Baby rubs her nose, has a flushed face, or is uneasy at night, they say it is "worms." For all that she is cutting her eye-teeth, is a picture of health, and has been out nearly all of the coldest days of the past winter.

Won't you devote one article to the subject of "worms" for the benefit of us young mamas?

BROOKLYN, N. Y.

H.

CONCERNING NICKNAMES.

To the Editor of BABYHOOD:

There is a saying that "an old maid's children are always perfect," and I sometimes think the sarcasm embodied in the proverb should contain a lesson for me, since, though an old maid, I am much given to the contemplation of the children of others, and even indulge in some covert criticism of the methods in use in the various nurseries where I am a frequent guest. I am really very fond of children, and I sometimes feel that the poor, helpless little things are dreadfully imposed on by their doting relatives. To cite an example, there is the matter of nicknames. I am not supposed, on account of my single blessedness, to be entitled to a hearing when I advance any one of my pet theories; but I cling nevertheless to my views, and I insist that in this very matter of nicknames there is much room for reform, and if I had children I certainly would not permit them to be en-

dowed with hideous or ridiculous appellations—"Toots," or "Wobbles"; "Dot," or "Pussie"; "Muggins," or "Totty." Yet these nicknames, or others certainly not more desirable, are to be found in numberless home-circles; and to an observer their application is often ludicrous in the extreme, not to mention future objections to their existence. A dear, soft, rosy baby-boy may, it is true, not inaptly be called "Rosebud," but I think all will admit the absurdity of the title as clinging to a hulking lad of fifteen; and though "Dovey" may be just the name for the soft-eyed baby-girl, it is hardly suited to the brilliant and perhaps rather shrewish young lady of twenty. That such home and nursery nicknames do cling there is abundant proof; indeed, it is so difficult sometimes as to be almost impossible wholly to discard them. I remember a withered and angular spinster of fifty summers who was known as "Blossom," and I have in mind a stalwart six-footer who, beginning life as "Tiny Tim," has been "Tiny" to a large circle ever since.

This sort of thing may possess some recommendations which I, by reason of my spinsterhood, fail to perceive. Nevertheless I am resolved that my children shall be free from one imperfection at least—they shall have no nicknames. There shall be no "Popsy," or "Tootsie," or "Pip" in my ideal and model nursery.

NEW YORK,

M. B. F.

THE TRAINING OF MOTHERS.

To the Editor of BABYHOOD :

I am at present watching with solicitude the careful development of a sure recruit to the vast army of dyspeptics. He is a fair, soft, white ten-months-old baby, who, from having been always over-fed, has contracted the habit of throwing up a portion or all of each meal. His mother seems fond and anxious, but, being told by older mothers of large experience that all healthy babies do so, has allowed the false action of the stomach to go uncorrected.

Now, how can we reach this large class of foolishly fond but inexperienced young mothers? Has the darling first-born always to be the experimental ground, risking his precious life for the doubtful benefit of possible future brothers? To those who make the many questions daily arising in the nursery the subjects of careful, prayerful thought there is always the danger of unwise advisers. How shall those who know not desire to do the right thing, judge between right and good advice, except by constant

reading and study of such literature as bears on the mother's profession? Profession it is, the noblest open to women. We would, none of us, think of employing a physician who did not keep himself posted in all the scientific research of his school. Morally and physically can we dare do less than we demand from our medical adviser?

FRAU BERTHA.

FOREIGN EXPERIENCES OF AN AMERICAN MOTHER.

To the Editor of BABYHOOD :

Seeing that you are willing to print suggestions in your magazine, I venture to send the enclosed, thinking it may be of use to some other young mother who, like myself, may happen to be confined unexpectedly and out of reach of a doctor. The little experience I have had is English, and possibly the treatment of my own little boy may offer suggestions to some as being different from our American treatment.

Mine is a "seven months' baby," and when he was born was too weak and small to nurse naturally. A very simple way of getting over this difficulty is to draw off the milk with a breast-pump (not a "bulb" pump, which compresses the air), and, removing the rubber tube, to give to the child directly from the pump. After a few weeks it can be given from the pump with an ordinary nipple and very short tube, say from three to five inches long. The advantage in using the pump is the absolute ease with which the baby gets the food.

My boy was over three months old before he could be taught to nurse properly from me, and during that time he was fed entirely from the breast-pump, which, by the way, holds about four tablespoonfuls. I would draw off in the morning about a tumbler of milk, which would usually last all day, and through the day draw enough to last through the night. The milk will keep quite fresh for twelve hours at least, if kept in a basin of water. If the child takes a long time to empty the pump, let the nurse hold it in a cup of warm water while he eats, that the milk may be kept at the proper temperature. In heating the milk which had been standing I simply put it into the pump, and held that for a few moments in some hot water.

Until the child was nine months old he had nothing but my milk; now, at eleven months, he has Savory & Moore's food, made a little weaker than the directions order, and one meal every other day of good, strong chicken-broth

(great care being taken that not a particle of grease remains on it), and, in addition, if he is hungry between ten P.M. and six A.M., he gets what little he can from me. Possibly it is owing to this diet that he has never been a "sour

baby," rarely throwing up. His digestion is very delicate, but his present diet agrees with him so well that he is never troubled by wind or stomach-ache in any way. E. M. I.

GROSVENOR PLACE, LONDON.



THE MOTHERS' NOTE BOOK.

RESTLESS FINGERS.

THE baby is between two and three years old. His father is a driving business man, his mother an energetic housekeeper. What wonder that he is enterprising, wide-awake, inquisitive? A tour around his mother's sitting-room shows him a whole worldful of new and wonderful things. He has learned nothing yet of the laws of natural philosophy. How does he know that fluids will spill, and fragile things break, and round things roll away out of sight? So he handles everything to see what it is like and what it will do, and becomes the blessed bother of the family. He tips the ink over Tom's carefully-copied composition at just the last minute before school-time, drops mamma's thimble and sewing-machine shuttle down the register the day before the seamstress comes, and scrubs the newly-polished doors with papa's blacking-brush. What shall we do with him? Snapping fingers, "spatting" little palms, has not the least effect. The beautiful blue eyes fill full of tears, the dear little lips quiver, he hides his head in his mamma's lap in a passion of grief and woe, and in less than half-an-hour does the same mischief over again. Why not? His memory is as undeveloped as his judgment.

Now take the little fellow by the hand, show him the ink-stand, the scissors, the sewing-machine, the coal-hod—whatever it is that you wish him to let alone. Make him look you "straight in the eye." The rogue will look over you, under you, around you, everywhere but *at* you. But be patient; speak his name distinctly and firmly. When he finally looks into your eyes tell him very plainly and slowly

that he *must not touch* that—at the same time laying your hand on it—if he does you will tie up his hands. Probably in a few hours at the longest he suddenly espies the forbidden object. It is just what he wants for carrying out some little plan. He has forgotten you and what you said, and instantly seizes it, working more or less ruin. Now take him again by the hand; tell him over again just what you said before, looking him full in the eye, and then tie up his hands, as you said you would. Take something soft that will not hurt or cut his wrists, but tie firmly. He will roar and resist, but never mind; kindly, gently, but decidedly tie him up *tight*, and keep him so five, ten, twenty minutes, according to his age and lungs. If he kicks and makes too much fuss tie up his feet too. I think he will remember to let that article alone for at least a day or two. But the lesson will require repetition for each different thing, till he learns that there are some articles he must not touch. He will remember the restraint of the tying much longer than whippings—unless they are so severe as to be cruel—because the tying lasts long enough to make an impression on his memory. As soon as the smart of "spatting" is over the whole thing is forgotten, and yet our object was to "make him remember." After a while you can say quietly, without stirring from your chair, as he takes up a forbidden article: "Put that back, or I shall tie up your hands." He will look at you, see that you will do it, then slowly and reluctantly, or quickly and pleasantly, obey. He has learned a little what free obedience means. If you snatch the object from him he has no choice in the matter.

A lead-pencil with a child is an abomination. Ruin follows wherever he and it go. But make

him a book of smooth, strong wrapping-paper which will mark but not tear easily. Tie a lead-pencil with a string to it. Tell him he may mark in that but not in anything else. Be sure he understands you; show him the marked places on window-sills and doors and other books, and tell him "hands tied" if he marks there again; but this is his own book. I think you will find this to satisfy his artistic cravings till the book is tolerably full.

For some reason little children do not take to slates. The marks are not distinct enough, and the pencils do not slip along smoothly, I suppose. There is usually some reason for their little whims and prejudices. Find them out, and you will have more respect for the human mind even in infancy. MARY BLAKE.

HAPPY LITTLE ONES.

THE happiest children are those whose minds are full of something all the time. There is a vast difference between having something to interest and something to amuse. The former causes a state of perpetual content; the latter cloy, and calls for perpetual renewal. Most people have the belief that children must be amused. They try all sorts of things: they make noises, they jump about, they create a confusion and din only exceeded by that of the youngster for whose edification the hubbub is made, and they are wonderfully surprised to find that after all the little one is restless, unsociable, and fidgety. Others, on the contrary, without any apparent effort keep the children quiet. Take a peep into the nursery under the rule of one of these successful promoters of peace, and note the difference. The little ones are supernaturally quiet. What are they about? They have the same toys as other children, precisely the same blocks, tops, beads, picture-books, but instead of pandemonium here is heaven. The children have ceased to be amused only; they have become *interested*. The attention even of the youngest is chained. A tower is being built; block after block is placed in position, and the little ones watch its progress with breathless interest. Or a necklace is put together—but how? Each bead is the child's choice; each child chooses in turn; a pattern is slowly developed; the little minds are alive to a new idea. Persons who have this gift of interesting children have usually the greater one of teaching them to amuse and interest themselves. There is no greater proof of the intelligence latent in all children than the fact judicious management they will learn

to depend upon themselves for amusement. But they must be guided to this—taught, while still very young, that they cannot monopolize the attention of the entire house. It must be admitted that it is a hard thing to resist the temptation to amuse children, but, none the less, one of the greatest mistakes of nursery government lies in the inability to resist this temptation. As a matter of experience, it can be affirmed that quite young children can be trained to amuse themselves. The children of the poor learn this lesson of necessity; the children of the well-to-do are happy just in proportion as they are taught it. Such teaching does not imply a moment's neglect; on the contrary, it calls for an ever-watchful eye that notes the need of each moment, that detects at once when weariness begins. Happy the children who learn, before they can talk, to amuse and interest themselves; happy the mothers who have the gift of teaching them this lesson! R.

IMAGINARY FEAR.

ARE the above words compatible with each other? Is not fear itself a painful reality, no matter how foolish or unreasonable it may be? This thought comes to us when we hear mothers say, "It is only foolish imagination, and the child must be broken of it." And then, alas! what cruel means are resorted to to overcome actual fear, such as the poor child cannot express or explain to those who ridicule him. To us, in our strong self-reliance, it may indeed seem very weak and foolish in a child to cry when left safe in bed at night, or to plead to have the light left till he gets to sleep. And yet, when not indulged, who can tell the horror that little, sensitive mind is passing through ere sleep comes to its relief?

Where there is a nursery full of merry children such sad events do not often occur. It is the lonely, only child that suffers, and often, too, when he appears old enough to know better; or the little one whose brothers and sisters are almost grown up. For such we can feel true sympathy, for their experience revives our own childhood. Why or wherefore we cannot tell, but a most ridiculous idea came into the head of one we loved. It was this: She fancied that whenever she went up-stairs in the dark some one was going to catch hold of her heel. It was, as we have said, a "ridiculous idea," and this she knew at the very time it held possession of her brain. She tried to reason it away with all the wisdom of an older head. Her spirit, too, was

early imbued with faith and trust in the Heavenly Father as ever near ; and yet how many, many times she almost held her breath to scud up-stairs in the dark as fast as possible, for fear some imaginary person would suddenly catch hold of her foot from below ! Still she could not speak of it to any one older than herself or refuse to run up-stairs on this or that errand, such as little feet are supposed to be unwearied in performing. In after-years she was the bravest of the brave—a graveyard at night had no terrors to her. You will see from this, dear mothers, all the reasoning in the world could not remove the actual fear after it had once taken strong hold of the mind. It could only be outgrown. In the meantime, when such a fear is known it should be pleasantly battled with instead of ridiculed ; and in very many cases the wish for a light to remain burning, or for company at night, humored.

Occasionally a strong, healthy child, who has never shown the slightest fear, nay, may have appeared remarkably brave and manly, suddenly takes fright at something, and for the first time in his life appears cowardly. We know an instance of this kind. A brave little fellow was in the habit of going up to bed alone, lighted on his way only by the hall-light below. He slept alone in the hall-bedroom above. He had never expressed or felt the slightest fear of any kind, when, without any apparent cause, he begged one of his older sisters to go up-stairs with him at night and stay with him until he fell asleep. If persuaded to remain alone he would remain quiet for a few moments, then suddenly scream out as though terrified at something. It was long ere any one could find out what had taken possession of his mind. But one day, half-reluctantly, he confessed that he was afraid of being smothered to death ; that wicked men sometimes came at night when children were sound asleep and smothered them. It seems the child had been looking over an illustrated annual lying on the parlor-table. It contained a very vivid steel engraving of the murder of the Princes in the Tower. After reading the title of the engraving the child, it appears, brooded over the murder of the princes and became possessed with the idea that he, too, might be smothered if left alone. When it was fully explained to him why the innocent children were made away with, and that the event occurred long ago, his nightly terror left him. In the same way a picture, or some

careless word of ignorant, superstitious servants, may gain possession of your child's mind, and, though confessing fear, he may long sensitively shrink from telling the true cause. Therefore we cannot too strongly urge upon all mothers to try patience and forbearance instead of reproof or ridicule.

J. K. B.

EARLY IMPRESSIONS.

IT is a very important fact, and one never to be lost sight of by mothers, that the education of an infant begins at birth. The moral atmosphere by which it is surrounded will, in great measure, determine its future character. Parents often do and say things in the sight and hearing of little children which they would be ashamed of in the presence of an older person. Every outburst of temper, every peevish or fretful word, is photographed upon the mental constitution of the child, never to be effaced, although, of course, after-training may modify the impression. It is not to be wondered at that mothers worn down with a weight of care and overwork are sometimes fretful ; but if they would remember that every hasty word in Baby's presence must come back to them in a still greater weight of care, perhaps they would exercise a higher degree of self-control.

Poor, tired mothers ! What but the wonderful mother-love could carry them through the many trials incident to the bringing-up of a young family ? But there are many ways in which we can lighten our cares, and one of them is self-control in our conduct towards the little ones. It may not seem quite plain to one who had never thought upon the subject how a moral act of any kind could influence a little creature unable to comprehend anything beyond the mere physical needs of its little body. Of course it does not know why a loving word and smile gives it pleasure, and the reverse pain. But you and I ought to be able to understand that every manifestation of emotion of whatever nature always acts upon the *feelings* of the child ; therefore every deed of ours ought to be such as to call into action the best feelings of their nature, since the mind will become biased in the direction towards which it is oftenest drawn. It is, then, a fact easy of comprehension that whatever we wish our children to become we must ourselves be ; for whether we will it or not, our every-day actions are our baby's teachers.

S. E. K.

NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised. It is desirable that a rough sketch accompany such descriptions as may be illustrated.

THE following description of "One Baby's Room," by "E. R. C.," Brooklyn, will be read with interest: "A certain baby, who is now a great girl of thirteen, had her own particular room when only two months old. Friends and visitors would exclaim: 'It isn't possible that you put that poor little thing off by itself to sleep! How can you do it?' 'Because,' was the reply, 'I believe it to be better for my child and better for my child's parents. She is not "put off" very far, as her little room opens directly into ours, and there are no magnificent distances to traverse before reaching her. The plan, so far, certainly works well, for Baby sleeps soundly, and so do we; she also breathes purer air, which is a most important consideration. When her crib was close beside me I had it on my mind to wake frequently during the night and put out my hand to make sure that the precious atom was warm and living; but now that this is an impossibility, I no longer have it on my mind and sleep comfortably.'

"'But it seems so unnatural!'

"'My child does not look neglected, does she? Do you really think her physical condition could be improved?'

"A half-reluctant 'N-o' was murmured, for the plump, rosy baby contradicted any idea of suffering; and admiration for the room itself superseded every other feeling.

"It was a perfect gem, or rather a casket fit to contain the gem shrined in it; for this was the first child in that generation of a family well to do in this world's goods, and possessing in addition much sound sense and a keen appreciation of the beautiful. The house was large enough to afford over the entrance-door a good-sized apartment for a small inmate, with plenty of breathing-room from floor to ceiling; and this space had been decorated and furnished with a view to a child's first needs in the way of food for the eye. The walls were a soft cream-color, and on them were painted at intervals flowers and butterflies, that looked as though there had been a shower of real blossoms or a swarm of bright-hued insects. A small gilt moulding defined the ceiling, and the latter was painted in sky-blue, with

golden stars here and there. The first baby-ideas of heaven were deepened by this ceiling, and the child's mental education had been considered in arranging the room.

"The carpet was an exceptional one, being a pattern of tiny moss-rose buds, very close together, on a cream-colored ground; and it was made as a large rug and fastened with rings to brass-headed nails in the stained floor which formed a bordering half a yard deep around the room. This rug was therefore easily taken up and shaken whenever the room was swept. The crib was a very pretty wicker affair, gilded, and transparent Swiss muslin curtains at the head were trimmed with lace and tied back with blue ribbons. The coverlet was made of blue, white, and pink ribbon in stripes, the white stripes embroidered with rosebuds to match the carpet. The window-curtains matched those of the crib.

"A very 'cute' little bureau, in white enamelled wood, had lines of deep blue edged on either side with smaller ones of gold, and in the centre of each drawer a small cluster of rosebuds. Two diminutive rockers matched the bureau, and also a little table; while two soft hassocks covered with light-blue velvet were fully appreciated by Baby when she was old enough to use them. The pretty bath-tub was painted blue, and the soft, fine towels used in connection with it had embroidered blue borders and Baby's initial in the same color.

"'What a lovely little room!' said everybody; and everybody was right.

"But there are mothers to whom some special baby is just as dear as this favored little one was to hers, yet to whom these dainty belongings are quite beyond reach. The little room, perhaps, is available, and it can at least be characterized by neatness and a certain simple beauty. The paper in a child's room should always be light—a white or cream-colored ground, if possible, with a small pattern of flowers. Really pretty papers are so cheap now, and it takes so little to cover the walls of one small apartment, that it seems inexcusable to surround an infant with dark, ugly wall-hangings.

"An ingrain carpet of tiny pattern could re-

place the more costly one of Brussels sprinkled with rosebuds, and a small cottage bureau might be substituted for the enamelled one. A very little money spent on the baby's room would make it a most attractive shrine and reconcile the little one to her solitary quarters."

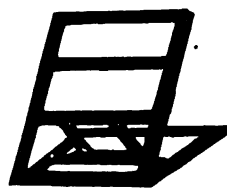
A BABY-TENDER is thus described by "S. M. A.," Michigan: "I wish to give the readers of your magazine directions for making one of the most useful baby-tenders I have seen. Make a table twenty-six inches long, eighteen inches wide, and fifteen high, including casters (round off the corners); let the legs spread so as to give a good base and prevent tipping over. Cut a hole in the centre of the table eight inches in diameter, and pad the edge. Fasten a strap two inches wide* across the under-side of this opening to serve as a seat, loose enough for Baby's toes to touch the floor; he must not rest his whole weight till he is able to stand by holding on to something. The strap should be changed as he grows. Now seat Baby astride the strap, playthings before him, and I am sure he will like it. When old enough to run it around the room his joy will be complete. A rim around the edge of the table to keep the playthings from rolling off is needed. We paid one dollar to get ours made, but any handy papa can make one much cheaper."

HOME-MADE NURSERY COACH.—"G. C. M.," Washington, writes: "Having read in the February number of BABYHOOD a description of the 'nursery-coach,' I am tempted to tell you of something of the same kind which we invented for our first baby, and which has just been relegated to the attic after successful use by No. 2. It was built of one-inch pine, and was two feet square and about two feet high, so that Baby could not possibly fall out until large enough to climb over the sides. The sides were solid for about ten inches from the bottom, and above that were slats. A piece of Brussels carpet covered the bottom (easily taken out and dried when wet, and renewed when necessary). It was mounted on large, easily-turning casters.

"Though so simple in construction and inelegant in appearance, it proved to be a most useful contrivance. There was plenty of room in it for the child to move about and change its position. When strong enough, he learned to pull himself up by the slats, to stand alone, and then to walk by holding to the sides. It really

seems to me that the labor of bringing him on from nine months to a year and a half would have been doubled without his 'cage.' He liked it, and was always ready to go in. It is such a comfort to know *where* a baby is after he begins to creep, without keeping your eyes on him every instant, and in winter it is almost imperative to keep him off the floor if you would prevent colds."

The accompanying illustrations show two simple appliances which will be found of great service when sickness visits the nursery and we must be intent on making the little sufferer as comfortable as possible in his bed or crib. One is the "Back Rest," a strongly and handsomely constructed contrivance of black walnut, which can be adjusted to hold the pillows at any angle most conducive to the little invalid's comfort.



The other article is an "Invalid Tray," which serves to hold the little patient's meals, and can be set comfortably on the bed in front of him, where it will rest firmly on its four feet, while the little guard with which it is fenced in will prevent crumbs of food from falling off and making the bed an uncomfortable resting-place. The tray may also be utilized as a playing-table, and serve to help while away the tedium of a sick-bed. It is constructed of polished yellow wood. Either article costs \$2.



A DEVICE AGAINST MEDDLESOME HANDS.—From "B.," Providence, R. I.: "On one side of the dressing-case in my nursery hangs a very pretty and useful article which helps me to keep various things out of the reach of little fingers.

"The materials used in making it may be varied according to one's taste. I took a board half-an-inch thick and twelve inches long by nine wide, and covered one side with brown cambric, fastening it with one-ounce tacks. The other side of the board was covered with olive plush, which was lapped over on the cambric an inch and tacked neatly. The lower left-

* In our opinion two straps side by side, connected by a cross-band, would make a safer saddle.—ED. BABYHOOD.

hand corner of the plush had previously been decorated with a little silk picture of two children sitting on a fence. A similar ornament may be bought at any fancy-store, and it is the work of a very few minutes to appliqué it on. On the upper right-hand corner sew a handsome bow of peacock-blue satin ribbon two inches wide. Now lengthwise through the centre of this prettily-covered board screw half-a-dozen small brass hooks, and hang it up by a piece of the blue satin ribbon.

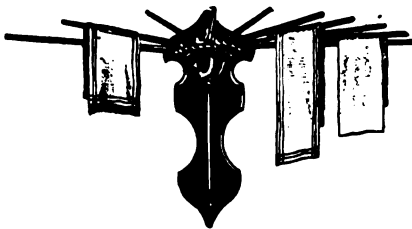
"This simple contrivance will be found useful in keeping buttonhook, scissors, latchkey, etc., in place and beyond Baby's grasp."

In place of the low clothes-horse standing on the floor, easily overturned by the children, and ever and always in the way, some benefactor of Baby's devoted attendants has invented the "Empire Drying Bars." These bars are fastened to the wall like a bracket, and are opened like an umbrella by pushing up a rod. The price is \$1.

While on this topic we would call attention to an ingenious aid—polished wooden lasts on which to dry socks and stockings. This method will prevent shrinking of the garments, and insure their lasting twice as long as when



DRYING BARS
CLOSED.



DRYING BARS OPENED.

pulled into shape while drying. These lasts, which may be found in any embroidery or worsted shop, cost 35 cents each.

A ROOM WITHIN A ROOM.—From "Florida" comes this description of a safe retreat for Baby: "Mothers who have household duties to perform would find it very convenient if Baby would stay where he is put; but that is not his inclination nor intention. In order that the numerous muscles of the little body may be developed, much twisting, turning, and change of position are necessary, and the mother who interferes with this natural activity commits a wrong not easily measured. Any mother—and unfortunately there are such—who keeps her baby in his chair to prevent him from soiling his clothes is either very ignorant or wickedly careless of her child's health and vainly careful of its clothes.

"A contrivance which will give Baby plenty of exercise, and at the same time keep him within bounds, can be made by any intelligent carpenter. Have a kind of pen or crib constructed of slats, taking care that the four corner posts be strong and heavy enough to allow the pen to stand firmly under any pressure which Baby will be likely to exert.

"A very convenient size is three feet by two. This gives room enough for performances in any position, and permits of the enclosure being moved from one place to another. Of course Baby will receive falls, but a blanket spread in the crib and allowed to fall over the sides will prevent any danger from that source, or the slats may be upholstered inside.

"A pen of this description was used by an infant until she was a year old, when she commenced climbing too freely; but had the slats been perpendicular instead of horizontal it would have served its purpose still longer. By the aid of the crib a child can learn to walk and use its limbs much more easily and safely than otherwise, and, if it does not know the freedom of the whole house, it will be perfectly satisfied, and more secure, with its playthings in the crib.

"An article of this kind had a piece of canvas made to fit it, with slender slats stitched in either side. This was slipped in at night, and made a comfortable sleeping-place for Baby."



NURSERY PROBLEMS.

BABYHOOD cordially invites communications upon questions of infants' clothing, diet, exercise—on whatever pertains to the regimen of the nursery. Queries on these points will be carefully noted and answered. Letters should be written on one side of the page only and should be addressed to the Editor.

Communications which do not call for a specific reply, or which invite discussion by readers, will be inserted in the department of "The Mothers' Parliament."

CRYING AND SEDATIVES.

To the Editor of BABYHOOD :

(1) To what extent is crying harmless in babies? The cry of a baby is its voice. If this were stifled it could not make known its discomfort or pain. To learn how to interpret this crying, and in what manner to respond to it, is the purpose of these questions.

(2) Should sedatives be given? When? In what quantities? What is a safe preparation?

(3) Does Mrs. Disbrow's "Anisette" contain any preparation of opium or other dangerous or harmful drug?

(4) When an infant of a few days, say two weeks, sleeps well during the day, but cries at night, how can the natural relation of day to night be restored?
BROOKLYN, N. Y. SUBSCRIBER.

(1) This can be answered only in a general way. The baby has "no language but a cry," in one sense; but it does not "cry for joy." If a baby cries, it signifies that things are not as it wishes in some particular. Of the various cries of infancy many are usually easily recognized, or at least have been catalogued by nurses long ago. Pain, weariness, sleepiness, fright, anger, etc., are among the causes assigned to different cries. In many the cry is not harmful, but the cause of the cry—pain and fright, for instance—is. We presume our correspondent wishes to know when crying is of itself harmful. It rarely is so. Children occasionally "cry themselves hoarse," and also, rarely, a fit of crying may excite vomiting if the stomach be full; but neither accident is very important. Of more importance is the fatigue and excitement dependent upon excessive crying. Violent fits of crying are assigned as a cause of rupture (hernia) in infants, and perhaps correctly. It is not possible to describe the various cries of infancy. Their interpretation is learned by watching the child. The main point is to make sure, if possible, whether any removable hurt is the cause of the outcry. See if pins

are pricking the baby; if it is too tightly diapered or clothed. Try also to see if it has colic or indigestion, and so on.

(2) By "sedatives" we presume is meant not what is called such by physicians, but anodynes (relievers of pain) or hypnotics (sleep-producers). Neither the one nor the other should be given under any circumstances without medical advice, which should be specific as to dose and time and occasion of repetition. There is no safe preparation for infants or young children without such advice.

(3) The proprietary remedy we do not know; most of its kind are distinctly objectionable. If a preparation of anise is desired, one of those given in the pharmacopœia—the spirit of anise, for instance—should be given, as they are of known and uniform strength.

(4) The process is often very difficult, and taxes the ingenuity of the nurse; but usually the monthly nurse can get the baby well started, and she should, if she has been successful, explain her methods minutely to the mother. The secret of success is not in drugs, but in systematic and regular methods with the baby. Details are too extensive to be gone into here.

JUMPING IN SLEEP.

To the Editor of BABYHOOD :

Can you, through the columns of your excellent magazine, explain to me why my seven-months-old little girl jumps in her sleep every few minutes, as though very much frightened, waking herself up crying? By rocking and quieting her she will fall to sleep again for a few minutes, only to jump again. The slightest noise will wake her up when sound asleep at any time.

I would add that we are raising the little one on the bottle from necessity, and for a good while we thought her jumping was caused by our putting her to sleep on a full stomach just after eating; we watched her closely to ascertain if this was so

could not come to any satisfactory conclusion. If you can give me any light as to this difficulty it would be greatly appreciated, as we have had a great deal of trouble in this direction with our little one.

UTAH.

C.

To answer the question definitely is impossible, but the following hints may help you to find out the cause. You do not state whether the broken sleep has always been a characteristic of the child, but we presume that it is a rather new symptom. Most children in health sleep quietly; a disturbance of sleep is presumptive evidence of some derangement of health. The causes of this disturbance are manifold. Any rise of temperature of the body; too much or too little covering; too high or too low a temperature in the apartments; slight local irritations, such as tender gums from a coming tooth; the presence in the digestive tract of undigested, indigestible, or irritating food, or even food that is laboriously digested; flatulence or seat-worms—not to mention more serious ailments—may give rise to broken sleep. Your little child seems to be naturally a light sleeper, and if we were to hazard a guess it would be that the source of irritation is in connection with the digestive process.

OATMEAL-GRUEL.—No. I.

To the Editor of BABYHOOD:

Will you, through the columns of your excellent magazine, inform me if you consider a thin oatmeal-gruel, with a little milk and sugar added, a suitable food for babies? and greatly oblige

E. L. H.
JACKSONVILLE, FLA.

The age of the baby is not given; but for a child of, say, six months a mixture of half gruel and half boiled milk, with a little sugar and a trifle of salt, is usually easily digestible. If, however, there is any tendency to looseness of the bowels, barley-water is to be preferred.

OATMEAL-GRUEL.—No. II.

To the Editor of BABYHOOD:

I have a girl-baby, eight months old, bottle-fed, who has never been able to digest milk. I have tried milk from six different cows; have diluted it with water, and have also used it in combination with nearly all the baby-foods, such as Mellin's, Ridge's, Imperial Granum, etc. I have for several months fed her on oatmeal-gruel, made with water only.

She seems to digest this pretty well, but gains very slowly, weighing at present but eleven and a half pounds, her weight at birth having been seven pounds. She seems pretty well, but cries a great deal, as if she was not satisfied.

Is it possible for her to gain flesh and strength and become a healthy child on oatmeal-gruel alone

without milk, or would you advise me to feed milk in some form? I have tried using a little cream in her gruel, but it makes her more fussy.

WEYMOUTH, MASS.

W.

Occasionally, but rarely, we have seen children who apparently could not digest milk. When it is proved that this is the case we must make the best of it. Oatmeal-gruel without milk is not very fattening, but it is possible to exist on it, as you have learned. Before abandoning all idea of milk we should make an attempt with cream and whey, removing the cream carefully, curdling the skimmed milk with rennet, and putting the clear whey and cream together and using them with the oatmeal-gruel. This is something like the "Frankland Artificial Milk," which you will find described in the excellent little book of Dr. Jex-Blake, noticed in another column of *BABYHOOD*.

SOME QUERIES CONCERNING COCAÏNE—THE PROPER TIME FOR SLEEP AND FOOD.

To the Editor of BABYHOOD:

(1.) The question we are all asking with great interest is, Cannot cocaine be used to relieve the pain of babies when they are getting their teeth?

F.

BALTIMORE, MD.

To the Editor of BABYHOOD:

(2.) I have read with much interest the article upon "Cocaine" in the February number of *BABYHOOD*, and would be very glad of some hints regarding its use. What is the best means of applying it to the mucous membrane of the nostril? Will it be efficacious unless the mucus is first removed from the skin, and what would be the best means of doing this? I have tried removing it with a little cotton-wool, but find that the gentlest treatment irritates and closes the membrane more than the cocaine relieves it.

(3.) Will you kindly tell me how much sleep should be expected of a fifteen-month old baby during the day, and what would be the best time for the nap?

(4.) How often should a baby of that age be fed? I find it impossible to dress the baby in the morning, or to get it to sleep for a nap or for the night without a bottle of milk. She has, besides, three regular meals of potato and oatmeal, and is thus fed six different times during a day of twelve hours. It seems too much, but how shall I reduce the number of her meals?

AN INEXPERIENCED MOTHER.

WAKEFIELD, MASS.

(1 and 2.) A clever medical man whom we once met put a label upon the family paregoric bottle which read: "Dose for an adult, a teaspoonful; for children, none at all." In this sentence was the suggestion of what may be put down as an absolute rule: that, namely, no drug of great po-

tency—and all anæsthetics and strong narcotics are included in this category—should ever be used without explicit and minute directions from a physician, with reference to the particular case, to the size and frequency of the dose, and the method of its administration. If the patient is a young child there should be absolutely no exception to this rule. If this is the proper caution regarding drugs with the action of which we are familiar, we should be at least as careful regarding one of which we have as yet imperfect knowledge. Already the medical journals contain accounts of disagreeable experiences with cocaine, of cases where fainting and convulsions have followed its use; and, while it is not certain how far these symptoms were due to the patients' mental condition, such mishaps ought to deter any one who is not prepared to deal with them from meddling with the drug. Moreover, it has been pointed out that a certain fungus is apt to develop in stale solutions, and that the use of such solutions is sometimes followed by a sharp inflammation of the mucous membrane. It is entirely natural that when any new anodyne or hypnotic is discovered all those who wish to escape pain or discomfort should try its powers. We may, perhaps, in some degree now repeat the follies that followed the introduction of chloral hydrate, when multitudes of people freely used the drug on their own responsibility, and with such results as might have been expected. With a knowledge of the drug came caution.

To answer the questions specifically, we believe the drug ought not be locally used to relieve the pain of teething. The relief would be very temporary even if the application were safe. But the child would pretty certainly swallow a part of the liquid.

BABYHOOD cannot attempt to advise as to the treatment of a case of nasal catarrh. It must restrict itself to general rules. What has been said regarding cocaine will show what we think of our correspondent's applying it on her own responsibility to the nostrils of a child.

(3.) The child should have two good naps in the day (or more if it be so inclined). You may find some useful hints in the article on the "Day-Nap" in the April number of *BABYHOOD*.

(4.) The feeding is much too frequent if there is night-feeding in addition, and still too frequent independently of this. Six times of feeding in twelve hours is about right for a very young baby, but by the time it is six months old it ought to have no more than six meals in twenty-four hours. By "impossible" we presume incon-

venient is meant, else our advice would not have been asked as to a change. Baby, having had its own way for so long a time, will, of course, dislike any change in its routine. But if you will plan for yourself a schedule of meals to suit your convenience and to give Baby's stomach a little rest, you can doubtless carry it out. Here is a suggestion: If Baby wakes early, say five A.M., the bottle could be given then, the meals at nine A.M., one and five P.M., and another bottle at some time before your own bed-time, if the child wakes. You will thus have reduced the meals to five in twenty-four hours, and quite enough nourishment will be given.

FEEDING ON A JOURNEY—A REMEDY WANTED FOR "TOEING-IN."

To the Editor of BABYHOOD:

(1) I am contemplating a three days' journey by rail with my twenty-months-old child in May or June, and shall be greatly obliged if you will advise me, through the pages of your magazine, what to feed him during the time. I am very much concerned about it, as he is accustomed to warm food three times a day, such as is prescribed in your "Nursery Cooking" department.

(2) Will you also suggest some remedy for "toeing-in," which he does in the most lamentable manner, although his legs are straight? and oblige
KANSAS CITY, MO. N.

(1) Borden's condensed milk is good and generally safe food to use while travelling. You can procure boiling water at the stations where the train stops for refreshments, and sometimes from the porter while the cars are in motion. There are nursery-lamps with sauce-pan, kettle, etc., which can be packed in a hand-basket and set upon the sill of the car-window, if you cannot have a portable lunch-table arranged for you by the porter. Almost every "through train" is provided with these. Mix the milk with boiling water as directed by the printed label on the can.

(2) As the baby walks more confidently the "toeing-in," or "parrot-toeing," will probably be corrected by increased ease and freedom of motion, if, as you say, the fault is not in the legs. Few babies turn their toes out for some months after learning to walk.

MORE QUERIES ABOUT BABY'S OUTFIT.

To the Editor of BABYHOOD:

(1) Will you tell me if a baby's first shirts should be of linen or flannel?

(2) Can you give a list of the garments a baby really needs, and the materials composing them? I

am at a loss what to make and how many will be necessary to keep Baby nice and clean.

Perhaps the answer will be of service to other expectant mothers who dislike to ask such questions of acquaintances. M.

NEW HAVEN, CONN.

(1) The first shirts are of linen lawn, but shirts of soft all-wool, or silk-warp flannel, or very soft knitted ones are worn under the linen.

(2) The simplest outfit requisite to "keep Baby nice and clean" would be:

Six linen shirts.

Six night-gowns of fine cotton.

Six cambric or Nainsook slips.

Two pretty dresses.

Six cotton or cambric skirts.

Four barrie-coats—*i.e.*, flannel skirts open all the way down and the sides hemmed. They are sometimes called "pinning-blankets," and are worn day and night for the first month, afterward at night only.

Four flannel skirts of better quality.

Four flannel shirts.

Six flannel bands.

Twenty-four napkins of *linen* diaper.

Two flannel wrappers for morning wear when the weather is cool.

A square of flannel, bound with ribbon or scalloped with silk, to throw about the child in carrying it from one room to another.

THE "SHIRT OF NESSUS," AND OTHER QUESTIONS OF DRESS.

To the Editor of BABYHOOD:

(1) My baby was six months old in April, and in May I intend to put him into short clothes. I should like to ask what is the best way of dressing him for the summer. He now wears knit Saxony shirts and bands, but an article in a weekly paper, entitled "The Shirt of Nessus," has made me wish to dispense with the wool shirt immediately. As I understand it, the evils of this shirt apply only to knit wool and not to fine flannel, and I have been thinking I might make him some high-necked and short sleeved shirts of very fine silk and wool flannel to wear next the skin, having them long enough to take the place of bands, and buttoning them down the back; over this a high-necked but sleeveless waist of cambric, to which are buttoned his flannel and cambric skirts. Will BABYHOOD tell an inexperienced mother if this is enough for the child, or if there is some better way?

(2) Should the first short dresses reach to the bottoms of the feet, and how must the little feet and legs be clothed?

(3) Is a cambric night-dress enough for him to wear in summer, or must he always have the shirt and flannel skirt under it?

By giving me a little help on these subjects you will greatly oblige

PERPLEXITY.

HARTFORD, CONN.

(1) As to the "Shirt of Nessus," it may be doubted if there is any *proof* that the knitted shirt does cause the troubles attributed to it. Some skins do not like wool. The majority do. It may be that occasionally the knitted shirt causes distress, but on this point opinions vary. It is not true that children sleep less well, have more skin-diseases or bowel disorders, or any other, under the same circumstances, than formerly. It is probable, for several reasons, that soft flannel is a better material for inner shirts than knitted or crocheted wool. It is odd that we do not see more mention in professional journals of the dangers attendant upon wearing the knitted shirt, if it be so harmful.

Your child will not need high-necked and long-sleeved flannels in warm weather. With this exception, your proposed plan of dressing him is excellent.

(2) His first short dresses should *just* clear his toes, that his trial-steps may not be made dangerous by entanglement in his skirts. Put on shoes and long stockings, the latter buttoned to an elastic band fastened to the waist that supports his skirts.

(3) It is safer in your climate to keep on the flannel night-shirt, even in summer.

SILK OR FLANNEL?—SEASONABLE DRESS FOR A FIVE-MONTHS-OLD.

To the Editor of BABYHOOD:

(1) My baby is five months old, and has always worn long-sleeved and high necked silk shirts, but I find that his arms and shoulders are generally cold. Shall I put flannel on him instead?

(2) What should be the day-garments for spring? When summer comes should I make any difference?

(3) Is it necessary to dress him more warmly when he is in his carriage than when he is carried? How long ought I to keep him out, and when is the proper time to take him out?

(4) When should I put short clothes on him?

AN INEXPERIENCED MOTHER.

ST. LOUIS, MO.

(1) Silk is cold wear for winter, and, when damp with perspiration in summer, clings disagreeably to the skin, besides becoming almost as impervious as oiled silk to air and moisture, and thus hindering the action of the pores. Fine silk-warp flannel is better wear for all seasons, certainly for warm weather. Lighten his upper garments, should he suffer from heat, and exchange the damp for dry flannel.

(2) The same as in winter, but of lighter material. Substitute short-sleeved and low-necked shirts for those he now wears when the heats of summer begin. Be careful not to leave off flannel skirt and band too early in the season. Wait for July days for this.

(3) These queries are covered by "Baby Abroad in Winter," in the January number of *BABYHOOD*. On fine summer days, the more time he spends in the open air the better, so long as he is not exposed to the hot sun.

(4) As soon as the warm weather is an established fact.

SHORT CLOTHES AND THE FLANNEL BAND.

To the Editor of *BABYHOOD*:

I should like advice as to how a child who is to be put in short clothes in May should be dressed, in the

climate of Nebraska. If possible, I should like mention of each garment, the material used, style, etc. Would you retain the knit-flannel band to keep the stomach and bowels warm? Its advantages are that it is knit very loosely, without seams, does not bind in the least, and is easy to keep in place; while if one depends on the shirts alone for covering the bowels, they are difficult to keep down.

LINCOLN, NEB.

E. P. W.

The garments should be the same (with the exception of drawers, stockings, and shoes) as those worn by the child before putting on short skirts. The drawers must be attached to an under-waist and come down a little below the knee; the stockings long, and buttoned to an elastic band fastened to the waist of the drawers. Put on easy-fitting shoes buttoned up to the ankles. By all means retain the flannel band.

TOPICS OF THE DAY.

THE Society for the Prevention of Cruelty to Children deserves the thanks of the humane for having brought to conviction the actor in a crime of unusual atrocity, even among the crowded population of the worst districts of our largest city.

An orphan child was, at the parents' death, consigned to the exclusive guardianship of an uncle. While he was absent at his work during the day the little creature was left to take care of herself in a fireless hall, generally falling asleep on the floor before his return at night, when, as was testified at the trial, he would awake her with kicks and blows. She was half-starved and less than half clothed, and, in the course of the intensely cold weather of the late winter, had her feet badly frost-bitten. A woman living in the same house took pity on the miserable waif, fed and warmed it, and, terrified at the condition of its feet, carried it to a doctor. When the tattered shoes were removed it was discovered that the child was maimed and crippled for life. The society above-named, to which the case was reported, promptly arraigned the uncle before the police court. His plea was that he "meant to do the infant no harm. He was a hard-working man and unused to the care of children." The evidence of needless and wilful cruelty was decisive; the details were too revolting for repetition here. It would seem that his whine of ignorance and good intentions must have had some weight, for the sentence pronounced against him was but four months' imprisonment. The penal-

ty for stealing a horse would probably be confinement with hard labor for as many years.

"There is the strongest circumstantial evidence to show that diphtheria and croup are often contracted by families moving into tenements and houses out of which other families recently affected with these diseases have moved. How long the contagious element may remain in an apartment or in clothing is unknown; *certainly for two or three months.*"

Thus writes Dr. Ripley in the April number of *BABYHOOD*. Side by side with this emphatic medical opinion, as a significant comment, may be set down a simple statement of what recently occurred in one of the best—*i.e.*, most fashionable—precincts of a large sea-board city. The infant child of wealthy parents died of malignant diphtheria. The funeral was attended by many who were ignorant of the nature of the disease that had resulted fatally. While the services were in progress below-stairs another child was sickening in the nursery. Within a week a third was seized with the same symptoms. There was no doubt from the first alarm as to what the malady was. It was freely admitted by family and physicians that it was diphtheria, although of a milder type in the second and third cases. The doctors, true to their duty, warned parents and nurses of the danger of infection. When the third case appeared the Municipal Board of Health sent officials to fumigate and, so far as was practicable, to disinfect the premises. In all this time the

well members of the household kept up not even the decent pretence of quarantine. The father went regularly to his place of business, the mother to church, the children who had escaped infection played on the sidewalk with their mates, and a young girl, sister of the dead baby, ran in and out of friends' houses from day to day to relate anecdotes of the nursling's last hours and to report upon the condition of the two who were still ill. Who could have the heart to shut the door in her face?

Beyond the stress of neighborhood sentiment there is no preventive force that can be brought to bear on an outrage such as this. Yet the incident is unfortunately not an isolated one. Even sensible parents of children who are ill with contagious diseases are sometimes ready to accuse of neglect and heartlessness, if not of absolute cruelty, those who preach and practise non-intercourse and other precautions which set the members of the stricken household for a season apart from their kind. There are mothers who carry always a tiny rankling thorn of resentment against certain people who shunned them and their abodes in the day of trouble; when, as a matter of justice to the misjudged friends, the bereaved ones should be devoutly grateful that they have been spared the remorse consequent upon the knowledge that through their instrumentality sorrow like unto theirs had entered other homes.

For her own peace of mind, if not out of common humanity, the mistress of a family attacked by a contagious disease should observe strict precautions to prevent the spread of it from room to room and house to house. Anything less than obedience to wise sanitary regulations on this head is unsafe, unkind, and, in cases like that cited above, actually criminal.

We have received the following communication from Mr. Chas. F. Wingate: "One of the very common causes of milk becoming soured is the pernicious custom of allowing the milkman to leave the family supply of milk in the area directly under the stoop and in close

proximity to the closet where ashes and garbage are stored. No substance is so easily or so quickly tainted as milk. Five minutes of such exposure will suffice to taint an open vessel of milk; and if the babies have colic it is not difficult to know where the blame belongs. I always urge householders to *burn their garbage*. Don't keep it about the house, either in cellar, out-door closet, or under the stoop. It is offensive to the senses and a source of danger. A card has been widely distributed throughout New York with this sound advice:

"**BURN YOUR GARBAGE!** Let every housekeeper see that after each meal all particles of vegetable refuse are reduced at once to ashes. To hasten this end, put it upon a bright fire with open dampers of stove or range; dying coals may smoulder and cause delay and stench.

"**'Permit no garbage to accumulate.** Cholera is bred in the ash-barrel's decaying mixture, and rag-pickers rake out the pestilence and give it 'the freedom of the city.'

"**'Put nothing in the ash-barrel except ashes,** which are not a fertile soil for the reproduction of disease-germs. To reduce all garbage to ashes lessens cartage, prevents further handling, and relieves our seaside resorts from the fatal scum that floats to their shores from thousands of tons of death-dealing filth now deposited in the city's dumping-grounds.

"**'This plan has the endorsement of many eminent physicians.'**"

"Furthermore, I am opposed to having close, unventilated, and uncleanly stowage-closets, for keeping ashes and other rubbish, under stoops just beneath your windows and doorways, so that whiffs of foul air blow into dining-rooms and greet every visitor's nostrils. All such places should be frequently whitewashed and washed out with a hose. Large openings should be cut in the door, or a slat door substituted. I much prefer an open alcove to a closed closet, from the superior facilities for ventilation.

"Lastly, have the milk taken in-doors at once and placed in a cool place, and not exposed for an instant to the chance of infection. But don't place it in an uncleanly refrigerator connecting with a drain or sewer. That will be going from the frying-pan to the fire."



Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, JUNE, 1885.

No. 7.

BY the time this number of BABYHOOD reaches its readers the last of the spring "cold snaps," it is hoped, will have taken its departure, and a sudden advent of warm, sultry weather may become a breeder of disease in some quarter least suspected. Eternal vigilance is the price of health as of freedom, and householders must learn to use their eyes and sense of smell in detecting hidden dangers rather than to depend wholly upon the health officials. When a sanitary inspector is called in, he of necessity makes a general and somewhat hasty examination, and he may overlook some quite important detail for want of time. But every householder should learn to be his or her own inspector and keep a sharp eye upon the sanitary safeguards. Professor Chandler's advice to make a monthly survey of the entire house from cellar to garret is worthy of attention in city and country alike. See that the house is dry, sweet, and wholesome; and the instant you detect a sign of damp, mustiness, or foulness, investigate and correct it at once.

In selecting a summer abiding-place it is not easy to decide what is a healthful locality, but a few simple tests will be found of service. Unsewered places, and especially old communities where the ground has been saturated with sewage for years, should be avoided. Cesspool towns are also not desirable, as, unless there is a public water-supply, the wells are almost certain to be contaminated. But the best index of the healthfulness of a community is the extent of the

prevalence of the zymotic ailments of children. This can frequently be ascertained by careful inquiry on the spot or actual statistics. The reports of State boards of health can be readily obtained, often gratis, and in them may be found the necessary details concerning any particular locality. It is unfortunate that these results of laborious investigation should be so often ignored by those most directly interested—the parents of young children.

An interesting letter in another column again raises the question of woollen shirts for babies. The writer is suffering from a dread lest she have caused or contributed to the nervous irritability of her boy by an unfortunate choice in the material of his shirts. The whole matter is a painful evidence of the mischief that may be done by the wild statements of a hobbyist, or, in the language of the day, a crank. Now, it is possible or even probable that to some children woollen raiment next the skin may be irritating, but the instances are few. Very rough garments are more irritating, but such are not put upon infants. As the infant cannot specify the cause of his discomfort every one is at liberty to exercise his imagination about it, and here is the strength of the position of those who attack the woollen shirt. Making an assertion, the burden of proof lies with them; but the over-anxious and over-conscientious mother is at once alarmed, and feels obliged to disprove the assertion, and is distressed in proportion to

her doubts. If the "hooks, fangs, and stiltoes" are to be magnified, let the baby's skin also be magnified and it will be found to present a scale armor. It is in no way credible that an irritation that is sufficient to disturb the nerves of a child could be indefinitely prolonged without some recognizable irritation of the skin resulting. Our correspondent, we believe, is no more responsible for the nervousness of this child than she is for any other physical peculiarity he has.

Too much emphasis cannot be given to the injunction to keep milk sweet in the hot weather which will soon be upon us in forceful continuity. The infant's natural nourishment needs almost as much care in summer as does the consumer of it. The best method of keeping it unchanged, and therefore wholesome, is to set it in a *clean*, cold refrigerator as soon as it comes into the house. When it is needed, take the pitcher or cup into which it is to be poured to the refrigerator, not the milk-pan into the kitchen. Nurses generally neglect this precaution. The pan is often left in the heated outer air for five, ten, fifteen minutes, thus causing the milk to "turn." In the country, where ice is not readily obtainable, a really good cellar, a spring-house, or a dairy through which runs a living stream of water is the next best thing to a refrigerator. If none of these are at hand, pour the milk intended for the baby into a clean stone jug, cork it securely, tie oiled silk over the stopper, and suspend the vessel in the well.

Brief as has been the reign of summer days, the papers already chronicle several falls from nursery and bed-room windows, with results more or less serious. As one passes on warm afternoons through streets full of tenement-houses, and sees in every upper story the protruding heads of babies striving to get a glimpse of the noisy thoroughfare and the children playing on the sidewalk, he marvels that such casualties are not of hourly occurrence. Ignorance of danger and of the inexorable laws of

gravity, joined to the natural longing of all young and lively things to escape into the fresh air and sunlight, tempt the little ones to the loop-holes which open to them the great, glad world outside. It is never prudent to leave nursery-windows open from the bottom for one minute, unless the lower sash is guarded by bars or a grating. The latter is the safer of the two defences. The interstices should be so close as not to offer a foothold to the restless climber, who would undoubtedly make a ladder of the bars.

"Stand on any street corner and notice how children are handled. Here comes a lady with a three-year old girl; she is walking twice as fast as she should, and the child is over-exerting itself to keep pace; every time the child lags the mother gives it a sudden and unexpected lurch which is enough to throw its shoulder out, to say nothing of bruising the delicate structures of the joints. A gutter is reached; instead of giving the little toddler time to get over in its own way, or properly lifting it, the mother raises it from the ground by one hand, its whole weight depending from one upper extremity, and, with a swing which twists the child's body as far around as the joints will permit, it is landed, after a course of four or five feet through the air, on the other side.

"Here is a girl twelve years old with a baby of a year in her arms. The babe sits on the girl's arm without support to its back. This would be a hard enough position to maintain were the girl standing still, but she is walking rapidly, and the little one has to gather the entire strength of its muscular system to adapt itself to its changing bases of support, to say nothing of adjusting its little body to sudden leaps and darts on the part of its wayward nurse. Sometimes during a sudden advance you will see a part of the babe a foot in advance of its head and trunk, which have to be brought up by a powerful and sudden action of the muscles of the trunk and neck.

"Probably not one child in a hundred is properly handled."

The above from the Cincinnati *Lancet and Critic* deserves more than the brief notice that can be given here. The evil is grievous and common. Consequences as serious as those mentioned by the Cincinnati humanitarian sometimes ensue upon the romp which the child enjoys even more than does the father, older brother, or friend of the family, who swings the little one back and forth at the full length of its arms, or tosses it over his head while grasping it by the hands, varying the entertainment by catching it by the ankles and suspending it for an instant head downward. It is a received idea with some fathers

that boys cannot be trained too early in gymnastic exercises, the rougher the better, so long as the child does not complain of being hurt. Spirited boys of two years have been known to endure, without flinching, this sort of "training" until the limbs were twisted out of joint.

A sensational newspaper story was telegraphed from Boston the other day to the effect that a child in one of the hospitals, who was just recovering from diphtheria, had been scalded in a bath by the carelessness of a nurse, and, after intense suffering, had died; that the remains were enclosed in a sealed casket and sent to the parents in the country with the injunction not to open it under any circumstances, as the child had died of scarlet fever, contracted suddenly in some unknown way. A representative of *BABYHOOD*, on examining into the statement, found it, we are glad to say, entirely false. The contradiction of such a story should have as wide publicity as the original falsehood, but we believe that this calumny remains so far unretracted. The work done in many of our public and private institutions is largely a labor of love, and too often a thankless task. When a serious blunder occurs, through carelessness or incompetence, the managers should be held strictly accountable; but the spreading of an exaggerated or false report by a professional newsgatherer should be as promptly and effectually exposed.

The approach of the Fourth of July moves us to remind mothers and fathers alike that boys may and should be boys all over on that day, without incurring the slightest risk of the accidents which have so often served to fill the minds of parents with dreadful forebodings of the occasion. Few boys of the ages with which *BABYHOOD* is especially concerned should be entrusted with fireworks; but it would be little less than cruel to expect them to stand aloof from all the celebrations of the day which their older brothers and sisters and neigh-

bors enter into. It is worthy of a little study and forethought to make ample provision for their enjoyment in the way of noise-making, since so many harmless paper-snappers, pop-guns, etc., are obtainable. A few decorations of flags, bunting, Chinese lanterns, and a little sort of programme for different parts of the day, which should include the participation of father and mother, will afford delight for them out of all proportion to the small effort expended. Let their earliest recollections be associated with the Fourth of July as we children of a larger growth remember it—the best festival in the whole year, the peculiar flavor of it most eagerly anticipated and longest remembered.

An exchange, in alluding to *BABYHOOD* as "the leading authority in the country for mothers in the care of their little ones," kindly adds: "The periodical fills a niche of its own, and fills it so excellently well as to ward off any attempt at competition."

It cannot have escaped the notice of the intelligent critic that the establishment of this "leading authority" has acted like a bugle-call all along the line of contemporary "family" periodicals. The wheel and charge in the direction of the nursery is both amusing and gratifying to us. We note with satisfaction articles, editorial and contributed, on babies' wardrobes, babies' food, babies' carriages, abuse of babies and care of babies, babies' mothers, and even babies' grandmothers. All this is the more gratifying since it presupposes editorial faith in the modern American mother's tolerance of the dogma that "babies have a right to be."

We trust that no apology is needed for our devoting so much space in this issue to a single subject—"Summer Complaint." The fact that nearly two-thirds of all deaths from diarrhoeal diseases among children during the year occur in the months of July and August makes it desirable that the subject should be treated at this time in as comprehensive a form as practicable.

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

PHOTOGRAPHING THE BABY.

"I WOULD give half of my fortune to have such a portrait of my boy," said a man in my hearing the other day.

He stood before a picture hung in the sitting-room of a friend—the likeness of a child five or six years old. The painting was excellent, but its value as a work of art was small compared with that given by the circumstance that the face smiling from the canvas was a faithful presentment of one which would never again look back love into the mother's eyes while time endures.

"It was taken from a photograph," she said softly. "He went with me to the photographer's a few days before he fell ill." She brought out from a drawer a neat volume lettered on the side with her boy's initials and the date of his birth. He was five years old when he died, and there were ten pictures. The first was taken in the fourth month of his short life. Beneath each was recorded the day and the hour at which the likeness was caught and fixed by the sun, with, once in a while, another note. Under one was, "*The day after he first put on short clothes*"; under a second, "*Our little man's first trousers*." A third depicted him in sailor-jacket and breeches, the round white throat rising from a widely-opened collar embroidered with an anchor and "H. M. S." A band crossing the chest diagonally was lettered "PINAFORE." "*Our Midshipmite, May 13, 18—*" ran the inscription.

"He wore the costume at a birthday party," said the mother. "How happy he was, and how proud we were of him! This book was a family secret while he was with us. We enjoyed making additions to it, as a botanist delights to sketch the gradual unfolding of a rare plant. Every child is a unique to the parents, "

"We said to each

other that, in the years to come, he, as a man—perhaps his wife and children—would prize this picture-history of his life. *Now*—we seldom show it; but *you* can understand."

The answer was slow in coming and reluctantly uttered:

"We have no picture of our son. Very young children alter so rapidly that we thought it hardly worth while to have him photographed as a baby. Afterward it was postponed from time to time—I hardly know why. Such things get the go-by in a family where all are busy. 'Any time' is too apt in these cases to mean 'Never!'"

In the March number of *BABYHOOD*, under the title of "A Mother's Journal," Margaret Andrews Allen describes how a daily record of the children's lives and sayings may be preserved at trifling cost of time to the mother. The gentle matron whose book was the prettiest of "family secrets" had no thought of commending it as an example for the imitation of others. Without her knowledge I take the liberty of making it known as worthy to be admired and copied.

The photograph of Baby's nascent features, the bald and, but for the rest at the back, bobbing head, the blank trail of exaggerated skirts, are interesting to few except the doting mother. To the casual visitor the exhibition of the treasure is a bore, and, when the strong necessity is bound upon him of complimenting it, a horror. Keep family-portraits of all kinds out of the drawing-room. They belong to the innermost of your life, to the sweet, and to indifferent ears, the silent side of parent-nature.

To one who does not comprehend the difficulties of making Baby ready for the momentous business of "sitting for his picture"—the choice of a day when the weather is entirely propitious, the nice adjustment of

mamma's convenience to the photographer's engagements, and numberless minor stumbling-blocks that justify the delay of what can be attended to next week as well as to-day—it seems passing strange that a duty so simple and important should be so often and (as is sometimes proved by the sequel) so cruelly neglected.

Apart from the obvious sentimental reason with which we have been dealing, why parents cannot afford to let the days and months slip by without having their little one photographed, there is a more occult and scientific value in a pictured record of progressive child-life. The sun is an unflattering reporter. The advance in intelligence and in the healthful development which is beauty of the best kind to the eye of science, or the gradual retrogression in either or both, may escape the eye of persons who are in constant association with the subject of the subtle change. Comparison of the sun-portrait of to-day with one taken a year or eighteen months ago will reveal the change to the intelligent observer. In some instances the stealthy advance of disease has been announced to those most interested in the victim's welfare by the shock of discerning a new expression in the eye; in noting the altered contour of the face and lines of pain or languor which have been transferred to the sensitive plate. As faithfully it betrays the slight obliquity of vision, the habitual scowl, the truth that one shoulder is higher than the other, or that an inclination to stoop is narrowing the chest.

In the list of practical suggestions as to the method of preparing Baby for what is, but need not be, an ordeal to parent and child, we set down first :

Do not dress him elaborately. Embroidery goes for nothing in the finished picture ; a broad sash is a blemish ; the finest lace on sleeves, waist, and skirt becomes only a ragged edge, neither elegant nor picturesque. Children, being in a state of immature civilization, detest best clothes. By the time your cherub is inducted into his costliest robe and corresponding appurtenances he is uncomfortable and sour of humor. Slip on a plain

frock such as he wears every day, and do not be critical as to orderly draperies when you have surrendered him to the artist.

Kurtz, of New York, who is justly celebrated for his skill in producing natural and exquisite photographs of babies, lets them roll on the floor, sit, or lie at ease in carriage or cradle, and objects, unless a picture of the head and bust only is desired, to strapping the poor little beings in the high seat which is to their seniors a mildly-reminiscent edition of dental "operations."

Second—Allow yourself plenty of time on the day set aside for the expedition. When it is possible, make an engagement for an hour when the morning nap is over and Baby has had a satisfactory meal. A hungry, tired, or sleepy infant is an impracticable subject, let the operator be never so skilful and endowed with abundance of the tact which is almost as essential to success as knowledge of his art. Take an earlier train or street-car, or order your carriage sooner than is necessary to land you and your charge at the gallery in season to claim your "turn." Give yourself leisure for divesting Baby of out-door wraps, and him the opportunity to make himself at home in his strange quarters. If he is a bright child his nervous balance is easily shaken. The sprightliness which is the spring of his fascinations renders him susceptible to extraneous influences. With the perverse determination not to appear at his best on occasion and to order, which is bound up in the heart of even the model baby, he resents the liberty taken with his precious person, refuses to pose angelically, and conceives at sight a deadly animosity to the artist and his assistants. Cheat him into the belief that he is master of the situation and premises ; that the sky-lighted attic is an extension of his nursery bounds, the human tenants his obedient servants. When he is quite at ease and his unconscious self again, get him in front of the camera without a word of formal preparation. All this requires thought and patience, but it is worth what it costs.

Third—Have Baby's first likeness

by the time he can hold up his head and open his eyes purposefully.

"As soon as he begins to smile," says Mr. Kurtz succinctly.

The pictured nose will be a button, the mouth imbecile, the eyes will be blank wells overhung by puffy lids; but the photograph must look like our Baby, and therefore exceed in value a portrait by Titian or Van-dyke.

Have another taken six months later, and at the close of the year a third. After Baby acquires such individuality—having, so to speak, gone into features on his own account—that acquaintances recognize him in your house and keeping, while papa would know him in the street without the corroborative evidence of the nurse's companionship and the sight of the carriage bought by himself, an annual visit to the photographer is sufficient. This should be paid regularly for ten years at least.

NURSERY COOKERY.—NO. 7.

WHEATEN GRITS, OR CRACKED WHEAT.

THREE heaping tablespoonfuls of cracked wheat (Hecker's, if you can get it).

Three cups of water.

Half a cup of milk.

A bit of soda the size of a pea, stirred into the milk.

Half of an even teaspoonful of salt.

Cover the grits with one cup of cold water and let them swell for four hours. Pour two cups of water, just warm, in the inner farina-kettle, add the grits, and set in boiling water. Stir up often from the bottom to prevent lumping, and cook for one hour after the contents of the inner vessel reach the boil. Beat hard to a smooth batter without removing the kettle from the fire, add the milk, and boil twenty minutes longer, stirring well. This will make an abundant breakfast for two hearty children. Serve in saucers; sprinkle with sugar and cover with fresh milk or cream.

A diet of cracked wheat will sometimes break up a stubborn habit of constipation. It is always slightly and, when the child is well, healthfully cathartic, if thoroughly cooked.

It may be prudent to substitute it for oatmeals as the first course of summer-breakfasts, the conventional oatmeal-porridge having a tendency to heat the blood.

MUSH AND MILK.

This may be placed in the category of laxative food, and will be found to be far better than drugs as a regulator of the bowels when gentle and gradual influences are needed.

Four tablespoonfuls of Indian meal wet to a paste with cold water.

Three cups of boiling water.

Half a teaspoonful of salt.

Stir the paste into the water and cook steadily, stirring often, for an hour and a half. Should it stiffen too much add more boiling water. The mush ought to be of the consistency of porridge. Serve with sugar and fresh milk.

In feeding children with these semi-liquid preparations, beware of the too common practice of covering them so thickly with sugar as to create acidity of stomach. This is converting good into evil.

PANADA.

Three Boston crackers (fresh and sweet), split.

A saltspoonful of salt.

Enough boiling water to cover the crackers.

One tablespoonful of white sugar.

Cover the bottom of a bowl with the split crackers, sprinkled with salt and sugar; put in more crackers, season in the same way, and so on until all are in. Cover at least an inch deep with water poured directly from the boiling kettle. You cannot be too particular on this point. Set this vessel in another of hot water, draw to one side of the range, put on a close lid that none of the steam may escape, and leave thus for half-an-hour or more. Give to the child while warm, and as soon as it can be eaten after it is taken out of the hot water. If allowed to stand long it becomes clammy.

Panada prepared exactly as directed in this recipe is really palatable and digestible, and most children eat it relishfully. Each half-cracker will keep its shape, yet be as tender as jelly and almost translucent.

MILK-TOAST.

When properly made, milk-toast is a most satisfactory supper for babies over two years old. Pare away the crust from slices of stale, light, sweet bread, and with a cake-cutter or sharp-edged tumbler cut each of these into a round, cooky shaped piece.

(They taste better to Baby—and to bigger children—in this form than in the rectangular slice. I know one baby, twenty years of age, who when appetite flags begs for “round cream-toast such as mamma used to make for us when we were wee bits of things.”)

Spread the rounds on a platter; set them on the oven a few minutes until they begin to roughen all over. Then toast them quickly over a clear fire, and scrape off every burnt crumb to bring the surface to a uniform

shade of yellow-brown. Dip each piece, as it is taken from the toaster, for a hasty second into boiling water (salted), butter lightly, and pile them in a bowl. Cover out of sight with scalding milk, also salted, fit on a close top to the bowl, and set in a pan of boiling water in a pretty brisk oven for fifteen or twenty minutes. The process will yield a dish so unlike the insipid stuff accepted and eaten under the name of “dip,” or “milk,” or “soft toast” as to justify to beholders and eater the expenditure of thought and pains required for its production. Babies soon discriminate between “messes” and dainty, delicate food, none the less delicious because the ingredients are simple and inexpensive.

If you can instead of the scalding milk use half-cream, half-milk, the toast is still more nutritious and palatable.



“SUMMER COMPLAINT.”

BY LEROY M. YALE, M.D.

THE approach of summer, especially of a summer to which many are looking anxiously forward on account of the fear of cholera, suggests the consideration of that group of ailments that pass under the vague popular name placed at the head of this article. In this country the prevailing diseases of summer are those affecting the digestive organs, particularly the bowels. One who has given no particular attention to the matter would hardly believe how large a proportion of all deaths occur in the first years of life, and how many of these are due to the disorders which are usually grouped together in health reports under the name of

“diarrhœal diseases.” It may be, and probably is, true that the most accessible statistics, which are naturally drawn from cities and large towns, present a graver picture than they would if the whole country were included; but, as it is, it is sombre enough. Quite recently the writer had occasion to look at some comparative statistics from many cities and towns in various parts of our country with reference to this matter. In round numbers, in New York and Brooklyn, about nine per cent. of all deaths, at all ages, were of children under five years of age from this class of diseases alone. And even this high figure appears moderate

when compared with that of some smaller cities. In one town in New England it reached nearly fifteen per cent., and in one Southern city nearly eighteen per cent. Of course there were others that offset with low infant mortality this Herod-like slaughter. The only report of the Health Board of this city that is at hand at the moment of writing is for a year in which the mortality among children from diarrhoeal diseases was considerably below the average of a number of years preceding, yet of all deaths under one year of age more than one-fourth were caused by these diseases.

VARIETIES OF SUMMER COMPLAINT.

For the purposes of this article it is desirable to avoid the technical distinctions that physicians necessarily make, and to speak only of three diseases that are usually included under the popular name of "Summer Complaint," namely, the simple diarrhoea (sometimes called catarrhal diarrhoea), so common in children; the "inflammatory" diarrhoea, often called by physicians enterocolitis, and a peculiar choleraic disease known as "cholera infantum." Dysentery has also been included in the general name of summer complaint, but less commonly than the others, and it will not now be considered.

SIMPLE DIARRHOEA.

The peculiarities of a *simple diarrhoea* are almost too well known to need description. The one striking characteristic is the change in the frequency and consistency of the passages from the bowels. It is assumed that every mother or nurse is familiar with the peculiarities of the healthy evacuations of an infant or young child. From this standard the discharges depart in diarrhoea in that they become more frequent, thinner in consistency, and usually larger in quantity. Their number in twenty-four hours may be only two or three, and may be six or eight, or, rarely, even more. At first their composition is not much different from that presented in health, except in the matter of consistency, but if the trouble continues the natural appearance is more and more lost, the stools

become still thinner and more offensive. Bits of undigested food, ordinarily in the shape of curds more or less discolored, appear, and often the stool is mixed with greenish specks. Of course, if any obviously improper food has been taken by the child, this may be recognized among the other matters.

The other symptoms are not particularly distinctive. Restlessness, peevishness, and broken sleep are usually present in some degree, but only as in many other disorders. The disturbance of the digestive tract is suggested by the loss of appetite, by thirst, and sometimes by the condition of the tongue. If the ailment continues beyond a day or two the child is likely to show signs of weakness and languor, and to be hollow-eyed, and to exhibit some loss of flesh. Usually there is little or no fever; any considerable or prolonged rise in temperature is to be considered as suggestive of the disorder next described. In children a little removed from infancy the symptoms may vary somewhat from those just given and approach more or less those usual in adults. Simple diarrhoea by itself is not very dangerous, but unfortunately it is too frequently the beginning of, or is allowed to run into, the

INFLAMMATORY DIARRHOEA.

This disorder may begin suddenly with all its symptoms well marked, but ordinarily it either is the sequel of a simple diarrhoea, such as has been just described, which has existed for a number of days, or it is preceded by a period in which the baby seems to be fretful when awake and restless in sleep, as if in pain, and gives evidence of a disordered digestion by loss of appetite and by throwing up its food more frequently than in health, the vomited matter being more sour than usual. When the diarrhoea begins it is usually a much more serious matter than the variety previously described. The greatest variation exists in the frequency of the movements, which may be less than half-a-dozen in a day, or may in bad cases be more than twenty. So, too, they may vary greatly in appearance. They may be almost natural or completely watery, but usually they are be-

tween these extremes—some natural matter mixed with bits of undigested curds, with bile, mucus, and watery liquid. The peculiarities that are most uniformly present are a greenish color and an offensive or sour smell. In older children, as in the case of the other form of diarrhoea, the variations from the peculiarities of health are less marked.

The evidences of general disturbance are more marked than in the milder disease. The signs of discomfort may be like those already described, or the child may be too weak and depressed to fret much. The appetite is usually diminished and the thirst increased. The abdomen is often, perhaps usually, tender to the touch in some places, and this symptom the mother or nurse, if intelligent, can usually ascertain for the physician, in his presence by preference, as many children from timidity shrink from the hand of a stranger. Fever is pretty certainly present and persistent, but, as in many disorders of children, rather irregular. In asylums and in dispensary practice a very common symptom is a scalded appearance of the parts covered by the napkin. This is far less common among the classes that can afford abundant attendance for the sick child. The ailment usually terminates for good or bad within a fortnight, but it and the milder diarrhoea first described sometimes run a chronic course.

It is this inflammatory diarrhoea that is most commonly meant when the expression "summer complaint" is used, and it is this that so dreadfully swells the bills of infant mortality during our hot season. The true "*cholera infantum*" is a more startling disorder, but it is certainly a much less frequent one, if we restrict the term to the cholera-like seizures of young children. It is, however, only fair to say that many physicians include under the name of "*cholera infantum*" all cases of the inflammatory disease just described in which the tendency to watery stools is very marked.

CHOLERA INFANTUM.

The true *cholera infantum*, then, is a disease which has earned its name by its resem-

blance to the epidemic and sporadic cholera of adults. The child may have suffered from a diarrhoea, or it may be perfectly well, but when the choleraic symptoms appear they come suddenly. The diarrhoea is very violent and the movements usually frequent and often enormous, wetting the child's clothing and everything near it. They are, moreover, very thin, sometimes mixed with and colored by ordinary faecal matter and horribly offensive; sometimes simply serous, almost like pure water, when the odor is rather a sickish one. The number of stools is variable, sometimes very great, and often the quantity of the discharges is in proportion to the infrequency. The total amount of liquid discharged in a day is usually very great.

Besides the diarrhoea there is vomiting, usually severe, rapid pulse and disturbed breathing, abdominal cramps and broken sleep. In bad cases the symptoms of collapse follow, namely: feeble pulse, cold surface, pinched and sunken features, and stupor, which may be the precursor of the fatal termination. The progress of the disease is very rapid; death or marked amelioration usually occurs in three or four days, but occasionally the course is run in a single day, and the writer can recall a case that was fatal in about twelve hours from the first observed departure from health. When recovery takes place there is a gradual return to a condition of health, total restoration requiring usually a number of weeks.

CAUSES.

It is of the highest importance to ascertain the causes of the diarrhoeal diseases, because many of them are avoidable and may be mitigated by intelligent forethought. Farther, this forethought must to a great degree be exercised by parents, as the physician is not generally consulted until the mischief is done. Many causes have been assigned, but among them three are pre-eminently effective for all the varieties of diarrhoea above described—namely, bad hygienic surroundings, improper diet, and the great heat of summer.

There is no element of bad hygiene that

is without its influence, since every debilitating circumstance and condition is definitely favorable to the development of bowel troubles. But prominent among them are damp situation of the house; bad ventilation, overcrowding, and filth. The influence of dampness is well recognized, and is probably efficient partly directly, and partly by the aid it furnishes to the decomposition of refuse and filth.

UNSUITABLE FOOD.

The improper diet of infants and children is probably even more damaging than bad hygienic surroundings. Food may be unsuitable in many ways. Among the very poor and ignorant classes it often happens that the baby is allowed the same food, whatever it may be, that the family have. A well-known medical man of this city once related this experience to the writer: Nearly thirty years ago much excitement prevailed in New York regarding the so-called "swill-milk"—that is, milk from stables in which the cows were fed on distillery refuse. The most painful accounts and pictures were published in the daily and weekly press of the condition of the poor beasts that furnished the milk for our citizens and their babies. It was demanded that the authorities should stop the traffic; but the authorities, not feeling quite sure of their ground, appealed to one of the medical societies of the city for an opinion. The medical society endeavored to get at exact facts, and enlisted the services of certain visiting physicians connected with dispensaries. One of these was the gentleman who gives this account. In seeking among the sick children of his district for the effects of "swill-milk" he learned that they did not get any; they had instead the ordinary table diet of the family, if they were not exclusively on the breast. He then adopted the plan of giving them such milk as could be obtained at the corner-grocery—the only milk the poor could buy—and was surprised to find how greatly the amount of illness diminished. Even this milk, probably impure and pretty certainly diluted, was a

far better diet for the babies than what they had before.

But among those who are not poor, and who are eager to do the best for their children, much harm is done through ignorance and misguided zeal. A multitude of foods are prepared with great care for children which are either worthless or almost certain to irritate their digestive organs. It would be beyond the purpose of the present article to enter into any description of these, but it may be mentioned that probably the two commonest errors are in the use of foods excessively starchy and the making them too concentrated or "rich," in the idea that they are thus more nutritious, the makers being entirely ignorant of the absolute necessity that the food of young children should be a thin liquid. In other articles in *BABYHOOD* more detailed advice as to food will be given.

But even the diet of a child fed naturally may be bad. Good breast-milk is the best food for a young child, but the breast-milk may fail to be good for various reasons. The health of the mother or nurse may have been impaired and the milk have been poor from the beginning, or it may have deteriorated simply from the age of the breast. It is an insufficient diet in either case; deleterious changes in its constitution are less common than simple impairment of its quality. This matter, also, may at another time be taken up more in detail.

THE INFLUENCE OF HEAT.

Next and last of the great causes of bowel trouble is the heat of summer. This is the one point in which we are at a disadvantage as compared with most European countries. Our terrible summer heats are very productive of the more destructive forms of bowel troubles. This influence is most felt in great cities, where it acts together with other causes. In a well-known work on children's diseases a table is given of the monthly deaths in Philadelphia from diarrhoeal disease, including dysentery, during seven years. The average for the seven years, of all deaths during the first five years of life from diarrhoeal diseases,

gives a result in round numbers to this effect :

January contributed	$\frac{1}{4}$ of	1 per cent.
February "	$\frac{1}{4}$	"
March "	$\frac{1}{4}$	"
April "	1	"
May "	1	"
June "	7	"
July "	35	"
August "	30	"
September "	8	"
October "	13	"
November "	3	"
December "	1	"

That is to say, the two months of July and August furnish almost exactly two-thirds of the mortality of the entire year. Truly the name of "summer complaint" is justified.

This is not a suitable place to discuss theories as to how heat depresses vitality and deranges the digestive process, but the fact is distinctly known to every one that in the "heated term" the digestive power of adults and children alike is enfeebled. We know, too, that the depression bears a relation to the duration of the heat, the destructiveness of long periods of heat being very great. Heat also is most depressing when the atmosphere contains much moisture. These great heats may of themselves be sufficient to cause disease in a healthy child, living on proper food and in proper hygienic surroundings; but if there has been any fault in the previous health, food, or hygiene the "trial by fire" is pretty sure to reveal it. Further, of course, the effect of heat in promoting the decomposition of filth, and of aiding many elements of insalubrity, is very powerful. Add to this that the heat easily spoils articles of food unless great watchfulness is employed, and that by its effects upon mother or nurse the quality of breast-milk itself may be impaired, and the destructiveness of the hot season is no longer a wonder.

COMBINED CAUSES IN GREAT CITIES.

It is in the poor quarters of great cities, of course, that the destruction of life is greatest, for here all the causes that have been discussed are concurrent. A child may struggle successfully against bad hygiene, or bad diet, or even the "heated term"; but when they all come together, when the crowded

room is made more uncomfortable through the ignorance and incompetence of its occupants, when the little air that can be gotten from streets or house-tops comes tainted with the decaying refuse of the gutters and pavements, when the steaming masses of buildings pour out again the heat gathered by day, so that the blessed relief of the night's coolness is denied, the wonder is that any infants survive. "The destruction of the poor is their poverty," and it seems quite impossible for them to contend against these obstacles; the amelioration of their condition must largely come from without through the legal enforcement of some sort of hygiene both in the construction of their dwellings and in the care of them, and through instruction by house-to-house visitation in the rudiments of infant diet. Those, however, who are not thus handicapped can learn from this exaggerated condition we have described what in a lesser way may be threatening their own households.

OTHER CAUSES.

There are a number of other causes influential in the production of diarrhoeal diseases which we may pass with slight mention. *Weaning* is deleterious through its substituting a faulty diet for the breast-milk. The *chilling* of the surface is doubtless efficient, but its greatest effects are seen in early autumn when hot days and cool nights alternate. Popularly, for some reason, the *second summer* has been thought to be particularly hazardous. If it ever be so, it must be under conditions quite different from those existing in places where our most extensive statistics are gathered. In the latter localities the mortality is very much higher in the first year than in the second; in this city not far from three times as great. The second summer is destructive, but not nearly so murderous as the first, and the mortality rapidly diminishes as the age of five is approached. The influence of *teething* has not been here discussed, although many writers have assigned it a high place as a cause. In an article on teething, in a previous number of *BABYHOOD*, some of the sources of error in this connection were pointed out.

PREVENTION.

What has been said concerning the causes of summer complaint gives clear indication of the preventive care required. It will not be amiss, however, to dwell specifically on general precautions in the way of diet. If the young child can have milk from a healthy mother or nurse it has the best it can have. If it must have artificial food, try to find out a food that will agree before the hottest weather comes. And the chances are that a mixture of good cow's milk (boiled) and barley-water, with very little sugar and salt, will prove better than any of the prepared foods. The milk may be mixed with twice its bulk of the barley-water for very young children, and with less water as they grow older; half and half at half a year. But above all things do not over-feed the baby; there is little likelihood of its being underfed. Consider the possibility that the baby's outcries may be from thirst, and try if simple water is not what is wanted. In hot weather boil the milk that is to be used for the baby as soon as it is received, or else add an alkali (a pinch of baking-soda or a little lime-water) to it, and keep it cool.

The diet of older children is to be regulated in the direction of restriction. The mixture of food that is often allowed young children at table is really appalling. They do not need and should not have all the green vegetables that constitute so much of our adult diet. Milk, cereals, bread and butter, broths, a little meat, are enough. The eating of fruit should be always under the immediate direction of the parent, who should choose the fruit to see if it be ripe, and choose the time of its eating as well. No articles of food that are undesirable should be left where the child can get them, nor should they be left in sight to excite desires that cannot or should not be gratified.

PRECAUTIONS AGAINST THE HEAT.

The problem of the heat is the hardest of all to deal with. Those who are able to leave the city should, of course, do so, as they thus in some degree escape the effects

of the heat as well as other causes which have been spoken of. The value of short trips, even for a few hours, to the seaside or to cool localities, should not be forgotten by those who are unable to afford more. If the child must be kept in town, its room should be made as comfortable as possible by awnings, open windows, etc., and it should be taken from room to room if the changing position of the sun makes one hotter than another. The child's clothing should be very light, but should be such as to protect it evenly. The styles of dress that load one part of the person and leave others bare are objectionable. The flannel belt for the abdomen is probably useful when the temperature is variable, particularly if cool nights come, but it should not be a thick muffler. The sponging of the child with cool water night and morning, or even oftener, will help to relieve the effects of the heat. In the hottest weather frequent bathing may be grateful and beneficial, and the baby, if young enough to be easily controlled, need not be regularly dressed at all. A large, loose garment of cotton or thin flannel will be all that is necessary beyond the napkin, and perhaps the girdle. The garment prevents the effects of trifling draughts, and is easily removed for the desired sponging. It should be long enough, so that the child, in its kicking and playing, will not uncover itself too much.

WHAT SHALL BE DONE IN SUDDEN ATTACKS?

If, in spite of precautions, the baby is ill, first of all bear in mind that in the hot months no diarrhoea can be neglected. Hence it is safer to call a physician if the child has more than a mere temporary diarrhoea. Even if there were no real need of him, he can go over the questions that may have come up regarding diet, etc. If the mild diarrhoeas are promptly attended to the chances of severer ones supervening are diminished. If the child is under treatment the mother will, of course, ask the physician what she shall do in case of emergencies arising. The case of a sudden attack of vomiting and purging in a child

that has been previously entirely well is one of the most trying for the parents. They will, of course, send immediately for the physician. In the meantime they should restrain their natural desire "to do something." Remember that in all probability the cause of the trouble was, to say the least, not under-feeding, and that the child can therefore easily go without food for several hours—for twice the usual interval between meals, for instance. Unless it plainly shows its thirst it may be allowed to go without even drink until the doctor comes. If the child seems particularly weak a few drops of spirits (whiskey or brandy preferred) in cold or iced water, frequently repeated, will help to revive its strength. But be sure that the child needs

the stimulant, and that it is not given simply to relieve the nervousness of the attendant. Leave the dosing to the doctor.

Instead of trying home remedies it will be safer to let the child go without drugs, and especially opiates. If there is no physician within a reasonable distance, see that there are in the house medicines which your medical adviser has left with explicit directions as to their use in just this emergency.

One thing more: the mother or nurse may materially help the doctor to form a prompt opinion if the napkins are kept and laid in the order of their removal for his inspection. If this cannot be done she should notice particularly and note down or remember carefully their peculiarities.



NURSERY HELPS AND NOVELTIES.

CREEPING-APRONS.—E. C. S., Philadelphia, contributes the following: "A very useful creeping-apron may be made by making an ordinary apron sufficiently long to reach the length of the dress and then up again to the waist, where it is fastened by means of a drawing-string run into the hem. This makes a complete bag and affords ample protection for the dress and skirts, so that, when Baby is tired of the floor and you wish to take him up, his garments are found quite unsoiled. By choosing small-figured calicoes or gingham that wash nicely the apron will be by no means unsightly, and its usefulness will appeal to those mothers who complain that they cannot keep Baby clean."

KNITTED BANDS.—The writer of the above paragraph says also: "The reform band, knitted just like an old-fashioned wristlet, only

large enough for an infant's body, and with an attachment to fasten to the diaper, will be found a great improvement over the old band of flannel that is so often pinned uncomfortably tight. One great advantage of such bands is that they require no pinning. Their elasticity makes them comfortable when the little stomach is distended with a hearty dinner, and they remain better in position. These bands may be bought for fifty cents."

AN ORNAMENTAL NURSERY REFRIGERATOR consists of a small ice-box elevated on a tripod stand, and further ornamented at the top by a small shelf in the manner of a sideboard. This really pretty article of nursery furniture is made of black walnut, and costs \$18.

THE FOLDING CARRIAGE.—This is a useful novelty which especially commends itself at

this season of the year, when the annual summer flight to the country is contemplated. It



FOLDING-CARRIAGE OPENED.



FOLDING-CARRIAGE
CLOSED.

is light and graceful; the body, being constructed of gray linen ornamented with machine-braiding, can be readily folded up in the manner illustrated, and taken into the railway-carriage or on a boat, where it will serve for Baby's couch. These pretty carriages are imported, and the ordinary size costs \$13.50. A larger size can be purchased for \$16; in this two children will readily find room. A small size on three wheels can be had for \$8. Some of these carriages are made of figured cretonnes instead of the canvas. The pretty curtains are of dark-red cotton cloth, edged with fringe, and tied back with cord and tassels.

BABY'S PALANQUIN. By Mrs. O. Howard, Greeley, Col.—“To-day Baby Mildred was so restless and needed such constant care that something had to be done immediately to give her mamma a chance to get the dinner. She is eleven months old, and at just that point in her progress where nothing pleases her so much as standing on her feet, unless it be to creep into every nook and corner of the house and pull everything awry. So in very desperation mamma took her out where papa was working in the back-yard, and

said: ‘Where is a dry-goods box to keep her in?’ ‘There is one,’ said papa, pointing to a box with handles on it; ‘go and bring it, George.’

“So the man brought the box, which is used by two persons for carrying various things in. A strip of board is nailed along each side and projects at the ends a foot or more. A mat was put in the bottom and carpeting fastened around the sides—a perfect little nest for Baby to walk in, sit in, or creep in!

“There she was in the glorious sunshine, breathing the delightfully soft air, perfectly free to exercise to her heart's content, perfectly protected by a flannel Hubbard, and a soft poke to shade her eyes. How happy she was! The children played about her, and she watched the chickens and the birds with wonder and delight.

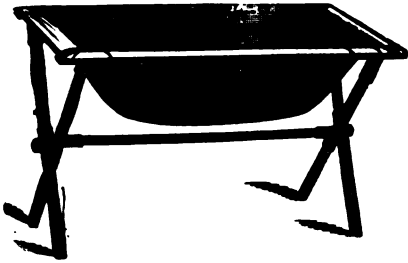
“Mamma felt as if she had found a gold-mine, and worked in her kitchen with tenfold better results, knowing that her baby was safe and happy. She took a peep through the open door now and then at the cosy box and Baby clinging to its side and using her feet as fast as she could.

“Now, the convenience of this little palanquin is that it can be moved about from place to place, or into the house if need be. It can be made as dainty as one fancies, with a nice canopy for further protection. When Baby gets tired of standing, her playthings can be given her; and so, with changing the position of the box that she may have something new to look at, and watching the changing weather, Baby can spend much of the time safely in the open air, and thus grow in vigor day by day. For a child of this age I consider this far preferable to an airing in a baby-carriage or being kept confined in a high chair with a table to it, as so many are. Babies are more or less in danger of accidents in carriages and high chairs. I knew one who was thought to be safe in an expensive high chair with a very secure table to it, but who twisted about and drew its little feet up into the seat and fell out on its head. But in this little palanquin there is fun and health and freedom, and no danger of being hurt.”

PORTABLE FOLDING BATH.—It may be well to remind mothers who are about to take their little ones to the country that there is such a thing as a folding bath. The one given in our cut consists of a folding frame of black walnut, constructed after the pattern of an old-fashioned cot-bed, and of a basin, made of sheet-rubber, suspended in and attached to the frame. The dimensions when opened for use are 37

inches in length and 15 inches in width ; the depth of the bath is 15 inches.

The whole affair is easily taken apart and folded into a parcel 37 inches long and 5 inches



in diameter ; hence it is in a compass scarcely larger than that of an umbrella, and convenient to take into railway-carriage or boat. The price of the folding bath is \$7.

THE DIAMOND REFLECTOR-LAMP, called "The Little Wonder," is especially adapted for nursery use, as it throws all its light in one direction and leaves the rest of the room in shadow. It can be attached to any gas or oil fixture bracket

or chandelier. It is made entirely of metal and is nickel-plated. The price is \$1.50.

AN ICE-CUTTING MACHINE.—Whoever has injured both hands and temper in the arduous task of breaking up a piece of ice with which to quickly cool a drink or prepare a soothing application for some fevered little head or aching limb, will appreciate the useful invention which our picture shows.

The machine is strong though small, being only about eight inches square and standing twelve inches high. It can be attached by screws to a table or shelf, and turns so easily that a child of ten can operate it. The price is \$3.50.



THE MOTHERS' PARLIAMENT.

DO FLANNELS TORTURE OUR BABIES ?

To the Editor of BABYHOOD :

My attention has been strongly drawn to certain articles in various publications opposing the use of the little knit woollen shirt, or flannel of any description, next the delicate skin of infants. There is always much to be said on both sides of a question. It is evident that infants and old people, whose capability of generating internal heat is comparatively feeble as a rule, need more clothing to maintain a proper healthful temperature than those in the middle period of active life.

After thoughtfully comparing the qualities of the various materials of our garments—linen, cotton, silk, and woollen—it seems that in this climate woollen is the most appropriate to be worn next the skin. While linen feels smooth and soft, it allows the bodily heat to pass off too rapidly, and, moreover, absorbs and retains the moisture of the skin, and must, as a wet garment, carry off still more heat. Cotton is less pleasant to the touch than linen, its fibres hav-

ing flat and sharp edges which irritate very delicate skins, but it does not absorb moisture so readily. Silk has the advantage of seeming both warm and smooth and repelling moisture, but upon "the slightest friction it disturbs the electricity, and then becomes a source of irritation." Woollen is the worst conductor of heat, absorbs no moisture ; but its fibre is rough and scaly, and it "disturbs the electricity" also, therefore it is exceedingly troublesome to a sensitive individual.

It seems impossible, considering the merits and demerits of the different textures, and the constitution and health of different children, to lay down any absolute rule for the material of infants' undergarments. An improperly-nourished, thin-blooded infant would most probably suffer with linen or even cotton underclothes, and, if of a lymphatic temperament, it would not be likely to notice the annoying qualities of flannel. On the other hand, a robust yet nervous babe might suffer inquisitorial tortures swathed in the little knit woollen shirt.

Perhaps the material will yet be discovered

that will make cloth having the desirable softness, smoothness, and warmth, so that the babe of the future will not suffer the chills and tortures of his infant ancestry.

The question of infants' clothing is a most important one, and all mothers must solve it for themselves with the assistance of their physicians and nurses. We do not wish to lower the vitality of our babies by dressing them insufficiently warm, neither do we wish, by harassing them with flannels, to produce brain and stomach disorders, with nervousness and sleeplessness, causing sad injury to the health of mothers also.

Perhaps some young mother may profit by my experience. My first baby is now a nervous, irritable boy of nine years, and, in the light of the recent arguments against flannel worn next the skin of infants, I am troubled by the thought that his irritability was caused by my over-careful love. Desirous that from the beginning he should be properly clothed, I consulted my physician and nurse about the bands and shirts, as knit shirts were then of recent origin, and I did not feel sure that they were preferable to the soft linen ones. Taking their advice, I procured the softest and finest Saxony yarn, and knit dainty little shirts with long sleeves and drawn up close about the neck with a narrow white ribbon. For bands I used, for the first few weeks, strips of white flannel, button-hole-stitched around the edges to avoid hems; then I substituted knit ribbed ones. The child came into the world, to all appearances, in perfect health, but his cries night and day, and the unceasing care he required, broke down the health of his nurse, so that when he was ten weeks old she was obliged to leave; and as for myself, the sleepless nights for about three years injured my health past recovery. As he showed no indication of disease, and evidently could not be in violent pain, the doctor wisely advised us not to give him opiates of any description. He never through the day slept longer than from five to fifteen minutes. Many nights I had no sleep; sometimes I could catch very short naps, and two hours of continuous, unbroken sleep were unknown during his first two years. After that period, by judicious exercise in the open air, keeping him out-of-doors as much as possible in pleasant weather, he slept better at night, though he never would take naps during the day like all reasonable babies. When he was between three and four years of age I occasionally experienced the comfort of sleeping all night without being awakened.

As he is thin-skinned, though as strong and

healthy as the average child, I think that his sleeplessness was partly, if not wholly, occasioned by the perpetual itching and irritation caused by the "innumerable hooks, fangs, and stiletos of the tiny fibres" of those little shirts and bands into which I knit so many loving thoughts and fond hopes, and in which I took so much pride.

His only illness was when teething, and then he was continually threatened with cholera infantum, constantly requiring the utmost care. The opponents of woollen undergarments for infants reasonably say that the irritation of brain and nerves caused by their use will give rise to stomach and bowel disorders.

My other baby, having a thicker skin, but wearing the same kind of clothing, slept as well as ordinary children, and I have no reason to think that her woollen garments were an injury to her.

Physicians and nurses ought to use greater precaution when recommending an innovation, for what young mother will not be guided by wise and experienced authority? Is it not due to the innovation of flannel instead of the former linen or cambric for shirts that so many little ones now suffer from eczema and other skin diseases?

But before positively attributing all this annoyance and suffering to flannel undergarments, many other things must be taken into consideration, among them the temperament, environment, and health of the mother during gestation. The subject ought to be widely discussed in all its bearings, and mothers should not hesitate to give the results of their experience to aid in the proper decision of what is the most suitable material to make comfortable and healthful clothing for their infants.

C. E. P.

MASSACHUSETTS.

WHAT JOHN, SENIOR, MIGHT HAVE DONE.

I.

To the Editor of BABYHOOD:

A mother who holds decided opinions upon the morality of whipping babies would like to suggest to John, senior, what he might have done when his small rebel threw the bit of paper on the floor. This particular conflict might have been avoided but for the unhappy fact that most parents, with their first child especially, are more likely to govern too much than too little. Se-

verity is seldom exercised to the late comers in a full nursery. It is the darling first-born—at once a surprise, a treasure, and a problem—who receives the benefit of the blundering experimental training which young fathers and mothers fancy they owe to their offspring.

John might have said to himself, when Junior's playful challenge dared him to assert his power: "I'll forget for this time that I've forbidden my boy to touch anything on the table. Perhaps he forgot it. I'll *ask* him, courteously, to pick the letter up. Poor letter! why should it lie on the carpet when all the other letters are safe on the table? And then I'll say: 'Darling, papa don't want these little fingers to touch his papers.'"

In six cases out of seven politeness would have won the day, even with a belligerent baby.

Or if Spartan firmness required that the disobedience be checked in the bud, why not have punished that only, not precipitating another contest and a needless one?

Inspiration says: "And, ye fathers, provoke not your children to wrath." No such command is given to *mothers*.

Junior might have been told with due seriousness that he had disturbed what he had been told not to touch; papa might have led him, "kindly but firmly," from the room, put him outside of it, shut the door, and then he might have said: "When my boy disobeys me by touching what is on my table I shall *always* send him away out of the library."

This observation, made with proper solemnity, this little penalty *invariably* carried out, would be a sufficient correction for this fault. The *disobedience* would be punished.

As for the strip of whalebone, mamma should make haste to confiscate it. If, as seems probable, the two Johns are to come into antagonism pretty frequently during the next ten years, there are trees which bear switches, and mamma might direct the brown eyes of her husband in their direction. Or she might lend him a soft old slipper of her own—a much better instrument of chastisement for the tender flesh of a child than a cruel piece of whalebone.

If I were mamma, however, I would bend all my energies to the conversion of John, senior. Out of a lifetime's experience and observation my feeling on the subject has crystallized into the conviction that the rod should be sparingly used in home-training—almost never, except as a punishment for wilful lying.

Z.

NEW YORK.

II.

To the Editor of BABYHOOD:

John, senior, should either have picked up the open letter and quietly replaced it on the desk with a gentle but grave "No, no; Junior does not touch papa's papers," at the same time throwing him something from a handy drawer that John, junior, *could* have to play with to his heart's content; or else have turned the affair into a game, laughing and playing with the child and the open letter, as his ingenuity might suggest, and have had the game end when the boy laid the letter on the desk. This could easily have been done, and, better still, the *point gained*, which was *not* the case in "what really happened."

But if John, senior, felt obliged to utter a command to a child of twenty-seven or eight months old he could have said to him in a tone of sweet but firm courtesy, with a loving smile: "Junior will please hand papa the letter." The child that would have persistently rebelled against this is uncommonly rare. If he had, however, some slight punishment for the offence would have sufficed to mark the lesson.

Now let us see "what really happened." In the first place the child's *antagonism* was aroused. "Junior must" "pick it up and put it on the table"—said "magisterially and judicially." The reason and conscience have not had much time for cultivation in a child a little over two years of age, and obedience to a merely *arbitrary power* is often resisted, and, when forced, the moral sense is confused. Obedience to be free must be rooted in confidence and nourished with love, or else spring from a sense of duty. John, Junior, had not yet attained that, but he had been born with a strong will, which, rightly guided, will make his life a blessing to himself and humanity, but which has not been much illumined yet by the reign of reason and conscience. The part of wisdom, therefore, would be to keep it quiescent as far as possible until the principle of love to God and love to man becomes the guiding star that illumines it and leads it along the straight road of self-subjection.

Secondly, *anger* was excited. In both evidently, as the "flash" was in each pair of eyes. Said anger was only intensified by the sight of the instrument of torture, which it seems had been used three or four months before. To what effect? And such a *flood* of anger in the child that he struck his dearest friend in the face when she was only pitifully and lovingly interceding with and for him!

Now, of all the passions *anger* stands *first* as the one most detrimental to life and health. What is its effect? "On the blood-vessels of the brain partial paralysis first, afterward followed by a reactive congestion of the vessels of that organ, producing engorgement." Upon the heart a perverted motion. Two vital organs deeply affected. If carried to a white heat both may be paralyzed and immediate death ensue.

Was there "victory at last"? I trow not. The threat, "~~until—he—picks—up—that—paper—with—his—hands—and—lays—it—on—the—table,~~" was not executed. For we read the boy "picked it up with his teeth and laid it on his boot."

In fact, the boy won! And who was the gladder when the conflict was over? For the father did not gain it, and he seems not to have had sufficient determination to absolutely carry his point. Did he not fear to have it fully "out with him"? Might he not have whipped the child even to his death, as has been done?

Then this is "what really happened": *Anger* with its physical effects upon two persons, the one with the sensitive brain and heart of a child, which would never be quite the same as if it had not happened. *A will strengthened by its exercise*, but, alas! in the *wrong* direction. A mother's heart torn with anguish, with a nervous system always a little worse for the shock. Some of a child's love lost, and, after all, only a compromise.

Pray, dear editors, spare us any more such harrowing perusals.

AN M. D.

NEW JERSEY.

III.

To the Editor of BABYHOOD :

I have just been reading "What Really Happened," in the May BABYHOOD, and I fairly tingled, as I read it, with indignation, not at defiant little John, junior, but at self-willed, big John, senior. I was even so vindictive as to wish that the father could receive a whipping as severe, commensurate with his powers of endurance, as was the one he gave the baby, measured by the poor baby's strength.

While I say "self-willed father" and "poor baby," I would still have it distinctly understood that I consider it a parent's sacred duty to demand and enforce obedience from his child. So far John, senior, was quite right. But his method was all wrong, in my opinion, and, after all, he did not obtain his object; at least the story does not record any such fact. Or did the writer, out of mercy to the feelings of her read-

ers, conceal the fact that the whipping was continued, according to the threat, until the letter of the law had been fulfilled?

If Junior was anything like myself, his father did him a great wrong. Such a will as his may become a powerful factor for good in his future life, but it must be *trained*, not *broken*. The great object of a parent should be, not to govern a child, but to teach the child *to govern himself*; and that object can never be attained by the methods which this parent used. The whippings I received when a child were neither many nor severe, but to every one which comes within the scope of my memory I look back with pain, tracing the harm it did me. They filled me with wild rage and defiance at the time, and I cannot think of them now, grown woman as I am, without a feeling of humiliation and degradation creeping over me. I think this is a feeling common to all sensitive, high-spirited children, and therefore I am opposed to whipping as a means of punishing children, except, perhaps, in very rare cases, for extreme offences; this, of course, would cut off all whipping of babies and small children.

John, senior, if he saw this, would probably say with scorn:

"Fine theories, like all old maids' notions! Just let her try it herself!"

Well, I have tried it myself, for I have a little son with a will as strong, perhaps, as John, junior's, and I have had much care of children from my own childhood. And I have observed that too often parents exact obedience without giving any better reason than "because I say so." They insist upon it merely to gratify the love of conquering, of having one's own way, which is innate in every heart. Not the child's best ultimate good, but his present subordination, seems to be their aim. This is said, and is often true, not of cruel parents, but of those who dearly love their little ones, and think they do God service in enforcing by blows an unreasonable obedience. Instead of making themselves allies with the child in his fight against the evil within him, they pit themselves against him in "a sharp fight" with him.

In the thoughts at which I have only hinted lies the answer to the question: "What ought John, senior, to have done?"

L. P.

CONNECTICUT.

A MODEL BABY.

To the Editor of BABYHOOD :

I have been much interested in the discussion, in BABYHOOD, as to how often an infant should

be fed. My baby is nine months old, larger, stronger, and more forward than any baby I have had an opportunity of comparing her with. She has never been sick a day since her birth, has six teeth, can say several words, and stands and walks by holding a chair. I began by nursing her whenever she was hungry; she would sometimes sleep four or five hours without food, but when awake would often ask for it every hour. At about the age of three months she lengthened the intervals of her own accord. She is now fed every three hours, night as well as day, making eight or nine meals in the twenty-four hours. I still nurse her at night and once in the day, giving quite a variety of foods for the other meals. It seems to me that many of my friends starve their children by too strict a diet, and that the instinct of a young child is a better guide as to what it needs than our reason. My baby never cries, sleeps well, dropping off at night the instant she is nursed, and is the happiest, busiest little creature possible.

I think Dr. Page's idea of three meals a day is cruel.

AN OLD-FASHIONED MOTHER.

PHILADELPHIA, PA.

BATHING SHEETS.

To the Editor of BABYHOOD:

I should like to recommend to your readers the soft Turkish bath-sheets for babies. I got mine in a large New York establishment for \$1.50. They are the smallest size, two yards by one and a quarter. They seem almost as warm as flannel, and are much more agreeable, absorbing water quickly, though I use soft linen towels in connection with them.

G. C. M.

WASHINGTON.

A REMEDY FOR SLEEPLESSNESS.

To the Editor of BABYHOOD:

One evening a few weeks ago I had an exaggerated form of a very common experience with my baby. He never goes to bed exactly with the setting of the sun, but on the evening in question it seemed as if he had really forgotten how to sleep. I did not put him to bed and let him cry himself to sleep, for I had tried that once and his crying soon led to such a fit of coughing and choking that I was frightened and

vowed never to do so again; and so eight, nine, ten o'clock came, and the little eyes were wide open. I used all my arts of soothing and persuading, but there he sat, and laughed and cooed, and watched the light and the shadows until eleven o'clock came and went and twelve was just at hand. Something must be done, and I could think of nothing, unless possibly a wet cloth on the head might have a soothing effect; at least it would do no harm to try. I took a piece of Canton flannel, large enough when doubled to cover the whole head, and wrung it rather dry out of warm water, then put it closely over Baby's head so as to cover both ears and eyes. The effect was wonderful! There was a brief struggle, then perfect quiet, and in less than five minutes the little fellow was sound asleep. Since then I have tried it again and again, and always with the same quick result. It is a simple remedy for sleeplessness and well worth knowing and trying.

H. G.

IROQUOIS, DAKOTA.

MAGAZINE-BORROWING.

To the Editor of BABYHOOD:

I don't know whether you are aware of the extensive practice of *borrowing* BABYHOOD. I have not had a chance to more than glance at my May number. It was very late in reaching me, and "Has your May BABYHOOD come yet?" had been asked me by no less than five persons within a week previous, one of whom called the day after its arrival, and, seeing it on the table, asked if she might have it for a day or two. I couldn't very well say no. She informed me yesterday that she had taken the liberty of handing it to her neighbor, Mrs. So-and-so, who told her that, as I had promised to lend it to her, she would be responsible. My April number, which is going the rounds also, has not yet been returned to me.

Though I don't write this for publication, I half-hope you will print it, so that it will reach the eye of certain parties who are abundantly able to subscribe for themselves. (I surely don't begrudge it to those who are not.) But omit the address, or they will never forgive me! I am inclined to think the practice is pretty general, for a relative who lives in another State is having much the same experience.

X.



STRAY LEAVES FROM A BABY'S JOURNAL.

BY A PHYSICIAN.

I.

MY mother and my nurse will have a glorious laugh if they ever see these pages. They will insist that as a baby I knew nothing and could receive no impression of my surroundings. Because they held me as a pretty lump of dough, turned and twisted me to their hearts' content without protest on my part, they cannot believe that I was conscious of their doings, and that, had I not been helpless and speechless, I should have raised the very old Nick rather than submit to their vagaries. They will not admit that, although puny and undeveloped, I have a brain, both sensitive and impressionable. To my mother I am an angel, bless her! She never explains why she nurses and dresses an angel; why this angel sleeps, wakes, crows, or cries. This jumbling of my human and angelic attributes is a true grievance to me, for I am often made to nurse when I am satiated, to sleep when I feel wakeful, to crow when I am in pain. If doting parents had a truer conception of both angelic and human nature I should fare better; but my mother is evidently so confused as to what I really am that she treats me as an angel when I am merely human, and as human when I feel positively angelic. This double nature, forced upon me at unsuitable times, greatly interferes with my well-being; for in my ethereal nature of an angel my breath is often squeezed out of me by loving embraces, when my human struggles of hand and feet only serve to tighten the encircling arms around my already yielding frame. I am not an ungrateful baby, but life is dear to me, and breathing seems to be one of its necessities.

Before I go on with my story I must state a fact—a fact which neither my mother nor my nurse seems to understand—and that is that when I was born I did not speak English. I do not know any other dialect, but I know that I did not speak English.

Yet, although I do not understand the talk of my mother or nurse, I am not deprived of the sense of hearing, seeing, or feeling; I almost wish I were, since I am mute. These senses do not contribute much to my comfort, for what is the use of hearing, seeing, and feeling, if I cannot resist? And resistance seems to be the first impulse of a baby.

Words are but unmeaning sounds to me, and they would be the same were they uttered in French or Chinese. Still, when these sounds are often repeated, particularly with significant gestures, I try to fix my attention on them and comprehend them—sometimes, I think, with success; and then I feel an inward satisfaction only known to myself. For instance, "bay-bay" I have often heard, and, as people seem to be always looking or pointing at me when they say it, I have come to the conclusion that I am the bay-bay. Ever since this mode of reasoning dawned upon me I do not fail to look around and open my mouth when I hear it. Now, one might naturally suppose that this discovery would be a source of pleasure to me; but when that sound is whispered, shouted, shaken into one a hundred times a day—a sound that awakens or puts one to sleep; a sound that every one who comes near is bound to repeat, even with grimaces and smiles; a sound that causes arguments, merriement, and again quarrels—one might wish he had never been the sound; but still I am the "bay-bay," and I laugh and cry over it myself.

There is another sound which made an early impression on me. I felt something strange and peculiar within me; my face drew into a knot, my brow wrinkled, my eyes closed, and my mouth stood widely opened giving out this sound. I heard that sound very often, and always when I felt sensations unknown to me. I observed, however, one thing—that when that sound was

heard it always created a commotion and sent my mother or my nurse to me. This discovery caused me to practise that sound frequently ; it was the only sound that ever paid. I must acknowledge, however, that even that sometimes failed. When alone with my nurse, if I fell to this crying (I believe that's what they call it), she would be likely to turn me over, press her hand hard upon a peculiar spot of mine, and say, "Hush ! you naughty thing ; go to sleep !" But that nurse wasn't consistent ; had she been I might have learned a great deal from her. At times, when I cried, she would come to me quickly, and, as lovingly as she was able, say : "Yes, yes, my little lamb, here is nursey. Twit, twit, twit ! does 'ou want a drink ? Yes, yes ; here is pretty mamma." And quickly I would be put to my mother's bosom. But again : "There you go, you little imp ! I'll turn you over and you shall go to sleep." I understood these moods very soon, and that's the reason why after that I principally did my crying before my mother. It is strange how new ideas force themselves upon babies ; this last knowledge became of great service to me. A little learning is not a dangerous thing to me.

When my nurse heard that I was going to write out my diary she laughed and said : "Write a diary, indeed ! I have spanked all his wits out of him, if he ever had any." This is partially true, for I often wondered how the good Creator could stand there and see one of His machines thus spoiled, and not interfere. But evidently she is not well acquainted with my anatomy—my wits didn't reside there ; so I will go on with my story in spite of her prognostications.

The first thing I met in life was a draught of cold air. How it struck me all of a sudden ! I never shall forget it. I gasped for breath, my face drew into a knot, and I was startled by a terrific noise—never had heard a noise before—and I lay as if bewildered. Some one said : "Baby is crying, and so soon !" Another said : "He opens his eyes." No wonder I opened my eyes—never had such a sensation before. Soon my face relaxed and the sound was hushed. It was some time before I realized that the noise came from myself. That was the first glimpse of intelligence I obtained ; it was the first operation of my mind ; I realized myself. Very soon after an object of immense proportions seized me, and how roughly ! "Gently," said a distant voice ; "don't let him slip from your hands."

So those were hands ! No danger of my falling off from those hands. Again I heard that noise that so startled me at first ; but suddenly up I went, turned over and over, and feared that my end had begun with my beginning. I remonstrated with all my might, I kicked and I cried ; but all of no use—the dear baby must get accustomed to being turned and twisted.

Heavens ! Was that nurse ever suspended in mid-air, and did she ever come down with a thump ? Suspension she truly deserves. Is it possible that such liberties can be taken with such little beings as I ? I saw nothing below, and I thought, "Good-by, baby ; you will end in space"—when thump ! the knee gave a jerk, up I went, and down I came. This was an outrage, as every sentient being must acknowledge ; but it was only a prelude to what followed. I do not know that even now I can describe my sensations. What did they pour on me ? It wasn't heavy, nor was it hard, yet it gave me such a shock that I thought all the stars and the rain-bows had collided and brought confusion to my recently animated being. My chest rose and collapsed alternately, my little brain whirled, and breath was fairly scared out of my body. In a moment I was all in motion, threw up my little hands and feet as if to keep off the cataract that was deluging me. My efforts were decidedly too feeble to avert the catastrophe. Nurse gigglingly said : "Baby does not like water." So that was water, was it ? Well, who would like the Niagara Falls—who would like to have the St. Lawrence River—bursting suddenly over his head, and that head without a hair ? I was just recovering from that blast of cold air and getting into a pleasant glow, when down came this cataract that almost extinguished the little life I had in me.

Was I frightened ? I do not know ; I have never been able to analyze my feelings at that moment. They were too complicated for that little brain of mine to fathom. "Gently, nurse," said a distant voice. Then the nurse, between a chuckle and a laugh, muttered : "It is good for him ; it starts his circulation ; crying expands his lungs." Why did I have circulation and lungs ? Why is pain good for me ? If such things are necessary to my existence, why am I made to exist at all ? How did that huge mass that handled me know what was good for me ? Were my feelings never to be considered, even if I had no share in the planning of my creation ? If not, why did I have feelir

they accidental, or was the deluging me with water a mean thing to do? Now, since I always cry when I am in pain or in any way uncomfortable, and the cry springs up without any will on my part, has not this faculty been conferred upon me for a purpose? If the purpose is that I might convey to my neighbors or attendants the exact condition of my being, why is it so seldom minded? I know that crying is a very poor means of communication—I have learnt that by experience; but because it is a poor and unsatisfactory way, should it not be the duty of my attendants to pay the more attention to it? I cannot help myself—I am but a baby; but those who profess to care for me should at least endeavor to understand its meaning, and not let me go on crying till I am exhausted.

.

Some people say that babies should be governed by positive rules; am I a machine made to revolve only one way, whatever my inclinations might be? My nurse says "Babies have no inclinations; they are just what we make them." I question the logic of this, and I emphatically deny that I have no inclinations, else how could she so often declare that I am an obstinate baby? If, when I playfully twist my fingers around her hair, I suddenly give a jerk that makes her bend a little, does it not show on my part a desirable disposition to instruct her in the amenities of life?

.

Well: I came out of the cataract alive, and that's more than I expected. I was then rubbed till I thought my skin was on fire. And then the strangest thing happened. I had already been led to expect many curious and startling things, but this was so ridiculous that I absolutely laughed. I do not think that that stupid nurse of mine detected my laugh, but I felt it bubbling within me all the time, certainly. Things were brought to me in a pretty basket; they took one article and fastened it around my body, then

another which they passed over my head, forcing my arms through two holes, then another and another, and finally one so long that I lost my other end. Then they put each foot of mine in a little bag, after which they told me to stand up like a man and go and see my mother.

.

So I had a mother; I was glad to have something, they had taken so much from me already. My mother was a long thing spread out on something white. How different her touch! I took to her at once. Since I was to be touched and handled—although I could not see the necessity for such proceeding—if it was delightful to be touched and handled so tenderly. I had undergone so much harshness already that I now could readily distinguish hard from soft. She was so soft! She had no angles; she was as round as the sun. I believe my love for my mother began then. How I cuddled around her! In a moment I lost myself, forgot all my misfortunes, and dwelt among the angels, the former companions of my life.

.

I do not know how long I was left in that blissful forgetfulness—time was a very uncertain thing to me—but after a while I awoke, only to find that the world moves. This is no discovery of Galileo; every badly-raised baby knows that the world moves. Oh! how I wished it would stand still. But it wouldn't; my nurse plays a tune on my cradle, and I must needs revolve. I am sorry for the world if it has a nurse like mine. Do people like to dangle in the air? And that sweet, loving mother of mine—how can she permit her baby to be thus swung and dizzy until the sweet milk, churned into cheese, is gulped out from the much-disrupted stomach? At times I protest with all my power—that is, by crying; but the more I cry the more I am rocked, so I give up in despair and allow myself to be thus tormented and benumbed. I suppose my nurse is happy over her success.



BABY'S WARDROBE.

SEASONABLE STYLES.

AS the season advances more novel and attractive materials designed for children's wear are displayed on the shop-counters, and designers are constantly adding new models for their construction. In many of these, combinations of two fabrics are noticeable, and where this is the case no extra trimmings are seen. In little suits made of one plain fabric garnitures are added in the shape of rows of tiny braid, or velvet, or dotted or hair-striped materials, cut bias and stitched in two or three narrow rows upon the plain or kilted skirt. The little vest front is made wholly of the fancy material, and the collar and sleeve trimmings match those upon the skirt. Most of the new models for children's costumes are graceful, practical, and picturesque without being in any way elaborate, although a few show a degree of fussiness and over-trimming which is far from attractive to sensible people. Some of the really pretty suits made this season, and designed for morning wear, show a full skirt finished around the bottom with a very wide hem only. The simple blouse-waist above is laid down the centre of both front and back in a number of very narrow plaits, the collar and edges of the sleeves being daintily finished with a little embroidered frilling.

ECONOMICAL FASHIONS.

These little "housemaid" and "Gretchen" dresses are made in a number of different ways. One shows a plain, full skirt with a deep hem and five half-inch tucks above. The little waist attached to this skirt is cut out square in the neck and filled in with a finely-tucked *guimpe* of white Nainsook. Another Gretchen shows the skirt tucked in clusters and then kilted, with full waist above set to a deep yoke formed of cluster-tucks alternating with bands of fine French needlework. In blouse suits of camel's-hair, shepherd's check, and other light summer woollens, which are sure to be called into use very frequently the season through, are shown some new styles with the bodice and skirt made of different and sometimes contrasting materials. These suits are appropriate for either little boys or little girls, and the fashion is a very useful and economical one, as it enables the mother to make use of very small remnants when there is a lack of sufficient goods of one kind to form an entire suit. Children very generally first wear out the

waist of a dress, and a new one of some other fabric, either plain or figured, added to the partly-worn skirt will render the suit almost as good as new.

The following is a very commendable everyday costume for little girls from the catalogue of Butterick & Co. The body is plain and long-waisted, with seams at the sides, an under-arm dart at each side of the front, and a curving seam down the centre of the back. The front opens over a vest which is sewed permanently beneath the left side and attached in-



visibly at the right side with buttons and button-holes. Parallel lines of velvet ribbon or narrow braid overlie the vest and border skirt, collar, and cuffs.

PRINCESSE DRESSES.

These dresses, gracefully draped, still hold their favor for very little children, either boys or girls, who are greatly inclined to chubbiness. For children of from two to four years the French *sacque* shape is much employed. Older children wear the *princesse*, and where the plaited front is inserted the vest portion may button in the back. We may here describe a very pretty design for a *princesse* dress for a little girl of four years, which may also be employed with less expensive materials. The dress is made of light blue *surah* of excellent quality and a most exquisite color, the silk costing but ninety cents a yard. This is made up with cream-white Albatross, polka-dotted with pale blue. The vest front of the *surah* is laid in long, narrow plaits. The *princesse* opens over it, and is turned back on each side with *revers* faced with

the polka-dotted goods and edged with cream-colored Irish point embroidery. The box-plaited skirt, made of the surah, is joined to the princesse body, the joining covered with a wide sash of the Albatross. The vest to this closes in the back, so that it may not be marred by a row of buttons.

HOT-WEATHER COSTUMES.

Square-necked and sleeveless slips for the hot weather, to be worn over *guimpes* of red and white, and blue and white "all-over" embroidery, are made of solid-colored French calico, edged round with a narrow ruffle of the embroidery, this often headed by bands of the same work. The French dyes of these calicoes hold their colors to the last, and, with a little care, suits made of them are good for two seasons' use. The quaint and pretty "Greenaway" and "Mother Hubbard" costumes are to-day more popular than ever, and the coming season will find the little old-fashioned cherubs trotting or riding about in street or park arrayed in ample, protective-brimmed hats and cunning little shirred costumes which recall the enchanting pictures of children of two centuries ago.

NEW GOODS.

Among the many light and white fabrics for regular hot-weather wear are some charming new goods, such as embroidered piqués, exquisitely fine French Nainsooks sprinkled with dainty flowers, and pretty and very sheer cross-barred muslins—that familiar yet ever-new material, which always makes such neat and delicate summer toilets for all, from the babe in arms to the silver-haired mothers in Israel. The embroidered ginghams now exhibited are worthy of special mention. These are worked in cardinal on *écru*, golden brown on cream, and white on pink or blue. These goods make dressy little suits which are quite good enough for afternoon wear the summer through, for even the most favored child of fortune. They are equal to the wear and tear of an outing in the country, and, when properly laundered, always have a look of newness.

COSTLY FABRICS.

Even in the richest attire a more sensible and improved taste is evinced by all classes in the selection of children's dress. Very little of satin, plain or brocaded, is used, as was the vogue but a few seasons ago, for special wear, the fashion extending even to the babies. Lace

dressess over colored silk slips are the exception now, and the nearest approach to these are princesse overdresses and English slips made of the very pretty cream and white "all-over" lace fabrics of fine woollen net. These new materials are made up over foundations of colored or white satin-finished silesia, and trimmed with fine yak lace of a design corresponding with the net. Mothers will appreciate the tucked, puffed or embroidered skirtings which can now be bought by the yard ready for use, either for yokes and sleeves or flouncings. The material for these is of the finest and best; the finish is perfect, and the machine embroidery very neat and dainty.

LACE TRIMMINGS DISCARDED.

In costumes of plain piqué or sateen, with yokes made of the open-work Fayal embroideries, colored sateens are laid under the yoke with pretty effect. Yokes made of Moscow embroideries can be used in the same way. These are both delicate-looking and durable, much resembling tatting in design, and the trimming is used upon white lawn and linen dresses as well as upon light cashmere suits. There is a growing sentiment against fancy lace trimmings of any sort for children's use, except the strong Torchon and Medici varieties of linen for underclothing. Babies' slips and dresses made of the finest and most expensive white goods show an absence of fripperies of any description, lace being wholly discarded for clusters of tucks, a deep hem-stitched finish, or bands feather-stitched or covered with delicate white cotton embroidery. Where any economy is necessary it is shown in the item of garnitures, and not in the quality or quantity of the dresses themselves.

ENGLISH SLIPS.

English slips or aprons of white Nainsook or cambric will be much used this summer for little girls from two to five or six years. They are most comfortable and healthful wear, and the addition of a sash will transform them into a dress appropriate for out-door wear. Demorest has a graceful little pattern, here given, which comes for children as young as two years; and a



similar design, called the "French high dress" or slip, can be obtained for babies from six months to one year of age. These are easy and comfortable, made of plain or striped flannel and buttoned down the front, for Baby to sleep in after his bath, and they do away with any knitted sacque or shawl, giving freedom to the arms while sufficiently protecting the whole body. When used for this purpose fancy yoke and skirt decoration is omitted, and the seams inside are bound with narrow white silk ribbon. These are very useful for two-thirds of the year, giving place, of course, during the height of summer weather to little "nap-slips" of cooler material.

HEAD-GEAR.

Children's and infants' caps are now made perfectly smooth over the crown instead of being shirred or puffed as formerly. Fine French muslin, white surah, Oriental net, silk canvas in basket patterns, and *flamine* net are all used for little caps and bonnets, these worn over very small, snug-fitting foundation-caps either joined to the outside one or put on separately. The latter is the better fashion, as each part may be laundered separately. There are also shown diminutive Tam o' Shanter caps made of embroidered Swiss muslin, and trimmed with pompons of narrow, white satin ribbon. Quaint-looking peaked bonnets, made wholly of Irish point net and edgings in white or cream-color, are adorned with loops and butterfly bows of pale-blue Ottoman ribbon. Little gipsy bonnets and hats are made of white veiling or Swiss, the brims shirred over milliners' reeds, the crown one plain, soft puff, and wreathed with tiny cascades of Oriental or Valenciennes lace. Many of the more expensive caps and bonnets have a deep shoulder-cape *en suite*, made of a like material, trimmed with the same lace, and tied in front with generous lengths of narrow ribbon. This decoration, however, is usually lost to sight under the inevitable bib which is fastened above it.

HOSIERY.

In hosiery for children there are no remarkable novelties. The solid colors still predominate, and the stockings match the colored dress almost always. When white suits are worn pretty little lisle hose of mauve, pale-blue, golden-brown, or fawn color are seen, and cunning little butterfly bows to match are tied here and there on the dress.

CONCERNING BABY'S FIRST ATTIRE.

FIRST babies, old nurses say, are always too well supplied with everything, and, as a general thing, every garment made for them is too large by half, and far too fanciful. In providing these there should be three sizes of most things. The first set should consist merely of a few night-gowns, or slips, and several flannel petticoats, all of quite doll-like proportions and made as nearly plain as vanity will allow; for to the tender infant of days trimmings are an actual mortification to the flesh, and scallops and embroideries imprint themselves on the soft neck and arms with cruel fidelity. The next set, to be worn when the weeks of life begin to be counted by months, can be a few sizes larger, and more ornamental, but still the same simple form of slip as used in the beginning can be preserved, and will serve later for night-gowns. All of the white petticoats and the real dresses should be made large enough to wear till long clothes are abandoned, which will be, according to rapidity of growth, when the little wearer is from six to ten months old.

It is upon these later-worn garments that the mother's taste may express itself in fancy. They will be worn when the baby is old enough to hold its head up to be shown to admiring visitors, and to be taken out for daily airings with the elegant skirt carefully arranged by the proud nurse to show its length and beauty to the best advantage.

A favorite pattern for the dresses is still the French yoke and long sleeves, although the newest models have the waists gathered into a belt with a V-shaped plastron made of tucks and inserting, with bretelles of lace or gathered embroidered edging going over the shoulder and around the arm-hole. The back is made with a yoke, and the neck is finished with a narrow band and edging. The sleeve is furnished at the wrist with a cuff to match the front.

With either style of dress the skirt may be as simple or as elaborate as the maker pleases. There is now a disposition to be less lavish of embroidery and more profuse in the number of fairy-like tucks arranged in groups above a wide hem. For the very sheer French Nainsook muslin, much used for christening-robcs, only the most delicate trimmings are suitable. Some of the handsomest dresses made of this fabric have only a broad hem upon the bottom, with one cluster of tucks above, and a tablier point reaching nearly to the waist, made of horizontally-placed frills of real Valenciennes lace an

and-a-half wide, each frill being headed by a group of seven little tucks. On each side of the tablier is a quarter-inch-wide bias band of Nain-sook stitched on each side, and an edge of the lace. The waist is trimmed with a small inverted repetition of the front.

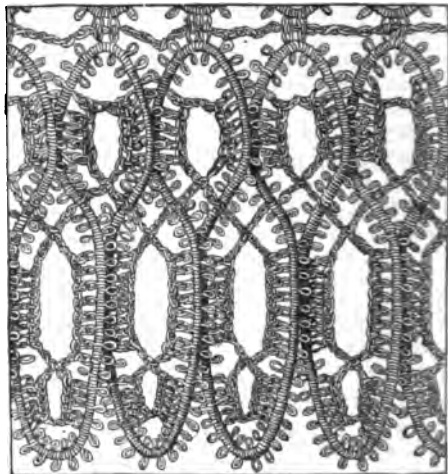
M. C. HUNGERFORD.

LACE COLLAR.

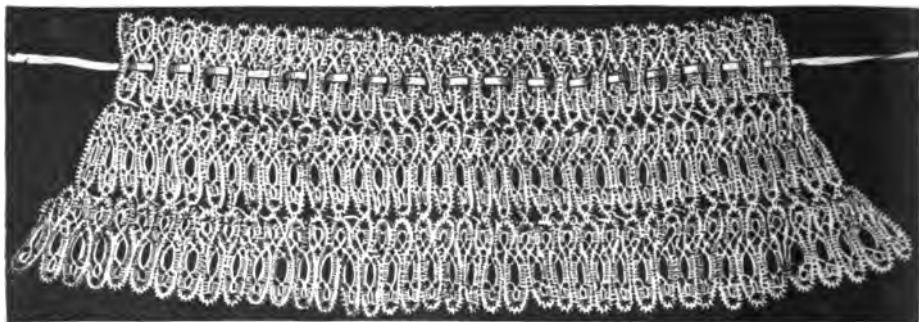
THE collar here illustrated is to be recommended because soft and pliable enough not to irritate the neck or to crush out of shape when the baby lies in its carriage. It is made of successive rows of feather-edge braid lace, joined at the edges by a few loops of crochet, with a connecting bar of single chain between. It can be made as long as desired, and cuffs can be made to match and basted upon the cloak-sleeves. The collar will need no shaping, as the narrow ribbon run in the loops will make it fit the neck.

To make the lace of which the collar is composed, work 8 single crochets in 8 loops of the feather-edge braid, chain 5 and fasten in next but one loop of braid, work 1 s. c. in each of next 5 loops of braid, skip 6 loops, and work 5 s. c. in next 5 loops; this makes one point. Chain 2 and join to opposite chain, chain 2,

and join to opposite chain, chain 2 and fasten in fourth loop; this forms the end scallop. All the others are similar, except that in working the 8 s. c. on the sides the needle is also drawn



through the 8 loops of braid which are to form the side of next scallop. Any one accustomed to the different patterns of feather-edge braid



skip one loop, work 8 s. c. in next 8 loops, chain 2, join to opposite chain, chain 2 and fasten in fourth loop of braid, turn the braid to form a scallop pointing the opposite way, and fill the point in the same way—*i.e.*, chain 5, skip 3 loops, work 1 s. c. in each of next 5 loops of braid, skip 6 loops, work 5 s. c. in next 5

loops, chain 2 lace will see by a little experimenting how this is to be done. Join the three rows of lace which compose the collar by catching the two upper loops on the points of the scallops together with the thread, as shown in the illustration, and working a chain of 8 between each.

H.

NURSERY PROBLEMS.

BABYHOOD cordially invites communications upon questions of infants' clothing, diet, exercise—on whatever pertains to the regimen of the nursery. Queries on these points will be carefully noted and answered. Letters should be written on one side of the page only and should be addressed to the Editor.

Communications which do not call for a specific reply, or which invite discussion by readers, will be inserted in the department of "The Mothers' Parliament."

THE KINDERGARTEN AT HOME.

To the Editor of BABYHOOD :

Are there any books that will tell me how to give my children a little kindergarten training? There is no kindergarten in our country neighborhood, and there are not enough little children to encourage a teacher to open one. I can't leave my two-months-old baby long enough to go to New York and spend a morning in one of the training-schools there, but I feel every day more and more the need of teaching my four-year-old boy and two-year-old girl the use of hands and eyes. I have no nurse, and only one raw girl for general house-work, so that my time for teaching is both short and broken. However, perhaps I can find an hour a day in fragments. I have read somewhere that no one can understand Froebel's ideas without a long apprenticeship; but half a loaf, or even a very small slice of a loaf, is better than no bread at all for the two children. If you will tell me what I need, and where to send for it, you will oblige

A. H. R.

The Kindergarten Association of New York recently sent a circular to kindergartners all over the country, asking what is the best song and game book in use, and what songs and games are best liked. "Merry Songs and Games," by Mrs. Clara Beeson Hubbard, of St. Louis, is the one generally preferred, although several others are mentioned. Of course with only two children you cannot play all the games; but there are enough in which two children can join to make the book worth buying. If you send for Edward Wiebe's "Paradise of Childhood" you will find directions for all kinds of kindergarten work. It is not a new book, but it has full directions for kindergarten occupations, and plates which will help you in teaching them. Everything is explained minutely in this book, and if you read it carefully you will have a clear idea of Froebel's theory and practice. The first and second gifts—a series of colored worsted balls, and a sphere, a cube, and a cylinder of wood—need no plates. The third, however—a box of cubic blocks—is fully explained by illustrations, which teach how to build representations of many objects. The children first see the small blocks placed together in the form of a cube, and are then taught to put them in

various positions, each one leading to the next by a slight change. The lesson of destroying nothing, but producing one form from another, is taught by the blocks. The same principle is carried out in the fourth, fifth, and sixth gifts, of oblong blocks of different sizes, which serve also to illustrate division into equal parts. The seventh gift introduces the child to a new form, the triangle, in a box of four-cornered and three-cornered tablets; and the text suggests many forms, such as bridges, houses, etc., which the child may build. The eighth gift is a bundle of flat sticks, with which figures may be laid; the ninth, a box of rings, introducing the curved line, which the child has heretofore been obliged to represent by several angles. The tenth is a slate, ruled with a network of lines to help him in drawing. The eleventh and twelfth gifts are perforated paper, a needle for pricking figures, and another one with silk or worsted. The thirteenth gift is paper for cutting and a pair of blunt scissors. The fourteenth is paper for weaving; the fifteenth and sixteenth are wooden slats for interlacing; the seventeenth is paper for intertwining; the eighteenth, paper for folding and teaching geometric forms; the nineteenth, peas or wires; and the twentieth, clay for modelling. All the materials may be ordered from Steiger, 25 Park Place. The "Paradise of Childhood" costs \$1.50 in paper and \$2 in cloth. Mrs. Hubbard's book is \$2. Mr. Kraus and Mrs. Kraus-Boelte publish a "Kindergarten Guide" at \$2 in paper and \$2.75 in cloth, which many persons prefer to Wiebe's. It is certainly of more recent date than the "Paradise of Childhood." Steiger has boxes of kindergarten occupations for the family at seventy-five cents each. At that rate the seventeen boxes seem pretty expensive. It is, however, easier to order the materials than to try to have paper cut or blocks made by a person who does not understand the principles of the kindergarten. For example, the papers for folding should be exactly square and the edges perfectly true. You ought to have a little table for the children, divided by black lines into exact inch squares. You need not buy all the gifts at once. Begin

with the balls and blocks, and use them for a few months. Then try the other gifts, one at a time, in order. The "Kindergarten Guide," by Miss Peabody and Mrs. Horace Mann, was the first book on the subject published in this country; and although it was written after a slight and imperfect acquaintance with Froebel's ideas, it is of great use to a mother or a teacher.

"DRAWING BABY BACKWARDS"—BABY'S TEETH—A BATH AT NIGHT.

To the Editor of BABYHOOD :

(1) I have heard it said as coming from a physician that drawing a baby backwards in the baby-carriage has a bad effect on the eyes, tending to make a child cross-eyed. What can you tell me about it?

(2) I have also heard as coming from a physician that feeding a baby very early, before the nursing period was ended, had a tendency to injure the material of the coming teeth. What can you tell me of that?

(3) Should a child's first teeth, as soon as they are well matured, be brushed with a tooth-brush or simply washed as the mouth has been washed before?

(4) When a child is two or three years old, and able to play out of doors in the grass all day in the summer, and comes in at night, of course, very dusty, is it advisable, in your opinion, to give the daily bath then, or would a slight sponge-bath at night, in addition to the morning bath, be too much?

CANTON, N. Y.

R.

(1) We have never known such a result, and have inquired of specialists and have learned of no such cases. If such a result ever apparently takes place we believe that it really is not a result at all, but a coincidence.

(2) Any improper feeding before or after the discontinuance of nursing, or even nursing when the milk is impoverished, may lead to rickets and to imperfect teeth as a result. The question is as to the kind of food rather than the mere fact of feeding.

(3) The tooth-brush will not harm the teeth directly, but it may, especially if stiff, injure the gums and secondarily the teeth. Little children, and especially babies, don't usually like to have their teeth brushed, and struggle against the performance. It is, therefore, difficult to apply the brush as accurately as could be desired. Consequently, to avoid the injury to the gums spoken of we think the washing preferable.

(4) The chief difficulty about giving the bath at evening is this: The child comes in tired and hungry as well as dusty, and wishes to eat and then probably to sleep. The bath cannot be

given immediately after eating, and to keep him hungry until after the bath may precipitate a domestic storm. For these reasons (not for physiological ones) we think the light sponge-bath will be found less fatiguing to the child and to its mother than the other plan, and, all things considered, probably better.

AN INQUIRY ABOUT A CEREAL PREPARATION.

To the Editor of BABYHOOD :

Our baby-girl will be about ten months old when the June number of BABYHOOD appears. Will you be kind enough to tell us in that number whether the cereal described in the enclosed wrapper is a proper, nutritious, and desirable food to be given once a day now, and perhaps twice a day by June or July next? The baby is strong and healthy, weighs about twenty-one pounds, has four teeth, which have been cut with very little trouble, and nurses about every three hours during the day, and generally three times during the night. How much of this food, if any, should she take at one time, and will it be sufficient for her (besides nursing) during the coming summer? YOUNG PARENTS.

GERMANTOWN, PA.

We have no practical knowledge of the article alluded to. If it is correctly described on the wrapper it will probably be a safe food, although we usually prefer oatmeal-gruel or barley-water for mixing with milk. The reason of this preference is that wheat is usually deprived of much of its nutritive value in the various processes of milling, while barley and oats suffer less. How far this damage has been done to the particular article you ask about we cannot tell. But there is always danger to the infant's digestion if any cereal preparation that is excessively starchy is extensively used in its diet. BABYHOOD cannot, of course, tell just what this particular infant needs; but it can point out one or two things for its "young parents" to consider and perhaps to refer to their medical adviser. The baby appears to be well and to be doing well. It is fed (nursed) at least eight times in twenty-four hours. Now, a healthy baby of eight months ought to get on with, at the most, six meals a day. If it *needs* food more frequently, the quality or quantity of its present nutriment is at fault. If it does not need it the frequency is a habit that is disadvantageous in various ways. The amount of artificial food given at one time for a child of eight months is usually a nursing-bottleful. These bottles vary in capacity from six to eight ounces. If the child's habits as to frequency of food are correct, the breast and the bottle may alternate.

EATING BETWEEN MEALS.

To the Editor of BABYHOOD :

I have read with pleasure and profit the last number of BABYHOOD, especially "Nursery Problems" and "Mothers' Parliament." Now, will you be so kind as to give your opinion of children's eating once between meals—children of the ages of three and seven? Is it not necessary for their growth and strength? Shall I look for an answer in the next number? YOUNG MOTHER.

CATSKILL, N. Y.

"Between meals" is an elastic term, and to give our opinion any meaning we must premise that we suppose our correspondent means the meals of adults, which in the country are usually about 7 A.M., 12 M., and 6 P.M. These hours make the intervals certainly too long for most children of three years, and probably too long for one of seven. The "between-meal" food, however, should be just as systematically arranged as any other. While it comes between the meals of the adults, it should be a distinct meal for the child. That is to say, however slight the meal may be, it should be fixed as to time and quantity, these being determined by the hours of the family meals and by the amount the child then eats. The kind of food should also be as carefully looked to as at other meals. Promiscuous and irregular eating should not be allowed. Children often ask for food apparently to fill the gaps between games, or when no better amusement than eating presents itself. And the child's demands are often supplied with no greater intelligence; pieces of pie, residual fragments of cake, or "whatever comes handy" in the pantry are given to it. So far as one can judge, it is more frequently these irregularities than the food taken at meal-time that cause the frequent indigestions of childhood. When a child is old enough to have his meal with the adults the "between meals" should be very light; a little milk, a cracker, or a slice of bread and butter is usually enough. Of course different diet is required for a child of three and for one of seven.

TIRED OF PRAYER.

To the Editor of BABYHOOD :

My four-year-old boy will *not* say the simple prayer he has learned to repeat at my knee before going to bed. He says "he is tired of it," and, when I insist, wilfully garbles the words and makes nonsense of them. I am at my wits' end to know what to do. Can you tell me? And what can it mean? SARA A.

YORK, PA.

Within this, the latter half of the nineteenth

century a man whipped his baby-son to death for similar disobedience. You know better than to connect any religious duty or service in the retentive memory of a child with scenes of violence. The serious aspect of this question is not that the boy will not say his prayers, but that he persistently disobeys *you*. The omission of the formula which will be one of the sweetest of early associations to him in years to come, means now simply that he has taken a whim to resist your will in one particular. The first step is to drill him in uniform obedience. Do not desecrate solemn words by forcing them into his mouth. When he has learned to obey you invariably, talk to him, lovingly and patiently, of the nature and meaning of what you wish him to say. It is absurd to torment your "wits" for one moment with the notion that his stubbornness in this particular has any significance beyond what has been stated. Such fears are the outcome of superstition, not common-sense piety.

OBSTINATE CHILDREN.

To the Editor of BABYHOOD :

Will you help me out of a dilemma common to many mothers? What shall we do when five-year-olds refuse to kiss papa or to say their prayers? My Bessie, six years old, homesick for her former school-teacher, refused for two weeks to attend school here. She pleaded sickness at school-time, cried herself nearly sick, lost her appetite, rolled and tossed restlessly all night if I made her go against her will. She is in perfect physical health, and romps and plays every time she is excused from going to school on "account of sickness." I removed the obstacle of "big boys," and every possible excuse, yet she persists in what I fear is obstinacy. Do help me and many other mothers who are fighting these trifles. C.

AUBURNDALE, MASS.

In a late contribution to *Harper's Bazar* "T. W. H.," under the title, "Breaking and Bending," asserts as his belief that "a large part of our contests with children are wasted, and that patience and tact would commonly accomplish the same end without the crossing of bayonets."

While there is much truth in this warning against needless battles, it is also true that, the issue once raised, the parent *must* be victor. More is implied in this "must" than appears on the surface. It is not only that Bessie resorts to feigned illness to carry her point, and that the point is a bad one. Her obstinacy is the direct offshoot of an undisciplined will. The specific purpose of parental chastening is not that the end of father or mother shall be gained

in each particular instance, but it is, in a deeper and wider sense, for the child's own *good*. Bessie will be a better, stronger, gentler woman for the wholesome subjection of early life. The circumstances detailed indicate clearly that this is a case where temporizing is worse than useless.

"School-sickness" is best treated by confinement to bed and simple diet. The deprivation of amusement, playfellows, and dainties is an almost certain cure. The matter lies in a nutshell. You are in the right in wishing her to attend a school of your choosing. If you are fit to be her parent you are a better judge than she on this head. She is as distinctly in the wrong. You will blame yourself, and she will find it harder to forgive you, in later years, if you give way here and now. The refusal to kiss papa shows bad temper, and is best met with sorrowful tenderness on the father's part and yours.

The query as to saying her prayers is answered above.

A DETERMINED ATTEMPT AT WEANING.

To the Editor of BABYHOOD :

My baby, eleven months old, although strong and healthy, is very backward about her teeth ; she has only three. Her gums are a good deal swollen. She has a wet-nurse, who has plenty of milk, and has never been fed with anything. Ought she to be weaned before the warm weather comes, or would it be better to nurse her until cold weather sets in again, when she will be nearly a year and a half old ? I tried to wean her last week, and took her nurse from her. But Baby *would not* take any food. The bottle disgusted her and made her gag. I tried to feed her with a spoon and to let her drink from a cup, but she would not. Finding she disliked the taste of milk, I tried oatmeal, condensed milk, and Granum, but all were equally distasteful. Then I tried starving her, and for forty hours she took absolutely nothing, except a few teaspoonfuls of milk that I poured down her throat while she violently resisted. She drank water greedily. She grew weak, fretted pitifully, lost all her life and energy, and was just a dead weight. It seemed as though she would starve to death. I then gave up all further attempts, for I was almost frantic, and

brought back her nurse. Oh ! how that poor little baby did enjoy her first meal. I should be glad to know if I was right in yielding, and what to do to wean her. I tried to give her one meal a day first, but she would not take more than a tablespoonful, and then wanted to be nursed.

NEW YORK.

T.

Late teething is not proof of defective nutrition, but very suggestive of it. We doubt very much if even now the breast is sufficient for the child. If the milk is as old as the child, its abundance is probably gained at the expense of richness. You can easily judge if this breast alone will take her six months farther. We suspect that before hot weather is over you will be obliged to give her some food. Probably your failure was due to your not making her food to her taste. Very likely you cannot begin the one meal daily unless the wet-nurse is kept out of sight at the time and for some time afterward.

The general question as to the advisability of such determined attempts at weaning cannot be easily answered. Nevertheless, the rule is very general that the weaning and the teaching the child to feed can be accomplished by patience. It is not always the mother who succeeds best, as her natural affection interferes with her steadiness of purpose. Once in a while the persistence of the child in refusing food is so great that neither parent nor physician is willing longer to take the responsibility of refusing the breast. The most marked case of the kind that has come to our knowledge occurred in the practice of a friend. The weaning of the child having been determined upon, the wet-nurse procured another situation. During the next few days a great variety of foods were tried and refused, and the state of the child became such that it seemed necessary to stop the trial. The physician recommended that, if possible, the wet-nurse be brought in once a day to prevent starvation and that food be used at other times. This was done, the nurse being sent away after the nursing. In a short time—a few days, we think—the child seemed to weary of the breast and took the food entirely.



THE NURSERY CATCH-ALL.

—Baby-powder, sold in perfumed packages by druggists, is not always to be depended upon. It is safer to make it yourself by pounding or rolling starch very fine, sifting it through coarse muslin or tarlatan, then mixing with it a little powdered orris-root. The "baby-powder" of commerce is sometimes adulterated with sulphate of lime, and occasionally even with more violent poisons.

—Pearline, dissolved in hot water, cleanses the inside of nursing-bottles well if shaken up and down vigorously. Bicarbonate of soda is also useful in removing sour deposits from bottom and sides. After such rinsings the bottle must be washed *thoroughly* with pure hot water, then with cold.

—Never lose sight of the truth that milk is the only *natural* food of all young mammals.

—Boil fresh milk if it should disagree with Baby's stomach. This is a wise precaution in warm weather when you have no facilities for keeping it on ice. It is not as nourishing as raw, new milk, but better than artificial foods.

—Napkins must *not* be dried in the nursery, if you would keep the infant healthy. Nor should soiled clothes be kept in the nursery closets, or, worse still, in a basket under the bed in a sleeping-room. Do not tolerate unpleasant smells in the nursery. Dirt is seldom, if ever, odorless. Ferret out smells as you would vermin.

—If Baby cries and writhes after a hearty meal, look at once at the band to see whether or not it has become painfully tight with the enlargement of the abdomen.

—The edges of the band should not be hemmed, but bound with soft silk galloon; or, if hemmed, it should be put on wrong side out, that the ridge may not hurt the soft flesh.

—Do not let Baby's bottle be his bed-fellow all night, that, Mrs. Gamp-like, he "may put his lips to it when he feels disposed." Even in cold weather the milk will ferment before morning. Sour milk is the most unnatural of artificial foods.

—Having "no language but a cry," that cry may indicate any one of a variety of woes. Do not assume that Baby must be hungry when he has eaten to repletion within half-an-hour. Nor is it a sign that he is ravenous for food if he

seizes eagerly upon breast or bottle and intermits his screams. His six-year-old sister would suck sugar-candy to comfort her for the torture of stomach-ache or a crushed finger.

—Babies should sleep on mattresses and be covered with light, soft, all-wool blankets instead of silk-lined duvets or cotton-wadded comfortables. Sheets, blankets, and mattresses should be aired when possible, sunned, and well shaken every morning.

—The annoyance and irritation resulting from the habit of throwing, which is so common with children, may be avoided by the use of parlor-balls. Take a *very* small quantity of the best horse-hair, pull it apart till it is very light, and shape it into a ball by winding very lightly round it some Shetland or Saxony wool, then crochet a cover with some bright color. Johnny may throw this ball with all his strength and it will not endanger either lamp-shade or mirror. It is well to have several balls of different colors.

—The simplest, cheapest, and most effectual disinfectant known to science is fresh, *living* air. Admit it freely to all parts of the house, especially to the nursery. If the room has a close or sour smell, send Baby into another chamber and ventilate his premises thoroughly.

—For children under six months of age what is known as the "bassinette-perambulator"—*i.e.*, one in which the baby can lie comfortably at full length instead of being strapped into a sitting posture—is safest and best. Babies, being dumb, suffer unknown torments in being kept out for hours with no adequate support for the weak, curving spine, nurses complaining, on returning the exhausted creatures to the mothers' arms, that they are "unaccountable cross and wearisome to-day."

—When Baby has outgrown his stockings, they can easily be turned into mittens for his elder brother. Cut the bottom of the stocking off where it joins the heel, then cut straight across the instep. It will then look like a knitted stocking with the heel finished before the stitches are taken up for the foot. Turn wrong side out, and sew the edge of the heel to the instep, and the mitten is ready for the thumb, which is cut from the foot of the stocking. Make the thumb, cut a straight slit in the side of the mitten and sew it in, and your mitten is done in less time than it takes to describe it.

HIGH-CHAIR PHILOSOPHY.

(Readers of BABYHOOD are invited to contribute original matter.)

"ONE must creep before one can walk," as the small boy said when he crawled under the circus-tent.—*Christian Union*.

A LITTLE three-year-old, in admiring her baby-brother, exclaimed: "He's got a boiled head, like papa."—*Graphic*.

MAMMA (dining out): "It isn't polite, Bobby, to smack your lips when eating. You never do that at home." Bobby: "'Cause we never have anything worth smacking over."—*Exchange*.

A LADY who had boasted highly at a dinner party of her little darling addressed him thus: "Charlie, my dear, won't you have some beans?" "No," was the ill-mannered reply of the petulant cherub. "No!" exclaimed the astonished mother; "no what?" "No beans."—*Observer*.

BUBBY stubbed his toe, and came crying to his mother. "There, there, Bubby," she said, after she had ascertained that the injury was trifling, "you are too big a boy to cry over a little thing like that." "B-but what a-am I to do, mamma?" he asked sobbingly. "I ain't b-big enough to s-swear."—*Independent*.

THE doctor, wishing to explain to a little girl the manner in which a lobster casts his shell when he has outgrown it, said: "What do you do when you have outgrown your clothes? You throw them aside, don't you?" "Oh! no," replied the child, "we let out the tucks." The doctor confessed that she had the advantage of him.—*Exchange*.

"THE development at the back of the head, my friends, indicates filial affection," explained the phrenologist. "Now you will observe," he went on, feeling the head of the boy on the platform, "that this bump is abnormal in size, thus indicating that this lad loves and reveres his parents to an unusual degree. Is it not so, my lad?" "Naw." "What! You do not love your parents?" "I think well enough of mi-ther," replied the boy, "but I ain't very fond of feyther. That bump you're a-feelin' of he give me last night wid a cricket-stump."—*Public Opinion*.

A SUNDAY-SCHOOL teacher asked her scholars to each learn a verse to recite when they dropped in their pennies at the next missionary meeting, appropriate for the occasion. They all came

prepared the next Sunday, and the first little fellow, as he dropped in his offering, said: "Blessed is he that considereth the poor." The second repeated: "He that giveth to the poor lendeth to the Lord." The teacher was delighted, and as the third, a very little boy, went forward, she whispered in his ear: "Now speak out loudly, Johnnie!" Johnnie, reluctantly dropping his money in the box, lisped: "The fool and hith money ith thoon parted."—*Christian at Work*.

HE was relating to a company of friends his experiences in combating a highwayman who had threatened to knock his brains out. Just as he came to the climax, which told how the adversary was effectually overcome, a proud son of very few years, but chivalric bent, astounded him by speaking up from the corner in enthusiastic tones: "Ha! he couldn't knock any brains out of you, could he, father?"—*Mercury*.

A TEACHER, having heard of a new arrival in the family of one of her pupils, called at the house. She was met at the door by the little one, who breathlessly exclaimed: "O Aunt Mary! we have got a little baby—not a dolly; no, but a real, live, meat baby!"

JIMMY, when told that he was made of dust, stoutly refused to believe it, saying quickly: "Then why don't I soak to mud when Deanie puts me in the 'baff-tub'?"

"O GEORGIE! I'm ashamed of your rubbing your lips like that after that dear little girl has given you so sweet a kiss." "I'm not rubbing it off, nurse; I'm rubbing it in!"—*Life*.

"WILL Tommy always be younger than I am?" asked a little Texas boy of his mother.

"Yes; sonny."

"That's bully! I'll always be able to lick him and take his things away from him as long as he lives."—*Texas Siftings*.

A MONTEZUMA lady said to her young hopeful: "Johnnie, why don't you rock the baby? You'd let it squeal its life out." "I would if I could." "Why, Johnnie! Want your little brother to die?" "Well, wouldn't it be a good deal better fur him to be up in heaven flyin' around than to be layin' a squealin' in that 'ere cradle?"—*Montezuma (Ga.) Record*.



Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, JULY, 1885.

No. 8.

THE anxiety so often caused by the wandering away of a little child from his usual familiar surroundings, or his being separated from his parents in a crowd, is made unnecessarily distressing by the fact that usually he carries with him no certain means of identification. To label him with his full name and address would be so simple a precaution that it is surprising that it is not a universal practice. We brand our cattle, punch cabalistic characters in the web-feet of our fowls, engrave dog-collars, and scrupulously tag umbrellas and bunches of keys, while giving hardly a passing thought to what would happen to our little speechless toddlers and ourselves should they stray into unknown streets or meet with some accident in the domains of strangers. In the customary marking of undergarments with indelible ink it would be but little more trouble to use the full name instead of initials, and on outer garments a convenient place could be selected—say the inside of the collar-band or of the end of the sleeve—where the full address could be placed. If every reader of *BABYHOOD* would adopt such a plan and recommend it to others, there would be at once a beginning which might go far toward establishing a uniform custom, the usefulness of which would seem to be beyond question.

The difficulties that lie in the way of the baby's daily bath in country lodgings are sometimes very considerable. There are country hotels with the facilities, in some respects, of city hotels, but these are generally so costly as to be beyond the means of

most. If one or two families fill a farmhouse, and in a sense control it, they may contrive to make satisfactory arrangements; but in most places such matters are entirely neglected by those in charge, and the ordinary comforts of toilet are obtained only by "eternal vigilance." Now, while it may be of small moment to the father that he has to shave with cold water, or to the mother that she is denied anything but the most rudimentary bath, to the baby it is important that he should have regularly an ample supply of water and that of the right temperature. We would suggest to those who seek for summer boarders that a little foresight in providing for such matters will repay them for their trouble and outlay.

An intelligent housekeeper writes, *à propos* of the warning given in the June number of *BABYHOOD* touching the selection of a summering-place:

"Lest your readers may imagine the caution unnecessary, or be disposed to share the average farmer's incredulity on the subject of the 'leaching' of surface-water through the soil, let me state what happened a few years ago at my own mountain-cottage. The drainage of the house is perfect so far as tight, glazed tile-pipes can make it, the waste-water being conveyed by these into a lake through which runs a river. The order that the water used in laundry and kitchen be cast into sinks connecting with the drain-pipes was disobeyed by a laundress engaged for a day, who threw tubful after tubful of soapsuds upon the turf between the laundry door and the well. The soil was light and porous, and the transgression would have remained undiscovered had not the bucket from the depth of twenty feet brought up *within twenty-four hours* water so strongly impregnated with soap and so clouded by the same as to be undrinkable. Inquiry revealed the truth."

This may seem an extreme case, and doubtless the liquid cast upon the turf per-

colated through the soil more rapidly than it would have done had a substratum of clay opposed its descent. But the incident is instructive and should prove a valuable hint to housewives and mothers who have never considered the matter of pure or polluted wells in determining where their little ones shall pass the warmest weeks of the year.

The case of the four-year-old girl who nearly succeeded in killing her baby-brother at Port Jefferson, L. I., brings vividly to the memory of elderly readers the story of the Englishwoman of rank, eminent for learning and piety, who was never known to smile from the moment she appreciated the consequences of a fit of childish jealousy. The countess was but five years of age when a baby-sister was born, and servants and visitors began the senseless, cruel badinage of "nose out of joint," which, unfortunately, has not yet gone out of fashion. The poor child, driven desperate one day by the jeers of a maid, fled to her mother's chamber, and was met at the door by a nurse, who ordered her away. Returning in a passion of tears to the nursery, she was greeted by fresh taunts and "I told you your mamma did not love you now!" The maid was pressing out some garments for the new-comer at a table while she talked, and the infuriated little girl, catching up a flat-iron, hurled it upon the head of the baby as it lay in the cradle. The shock was fatal to the invalid mother. She and the infant were buried together.

It cannot be too strongly impressed upon the minds of little children that the advent of the latest-born is a common blessing to the household. The mother who bemoans herself, in the hearing of the elder brother or sister, over the increase of her cares, or the father who remarks that this indulgence or that luxury cannot be afforded now that there is another mouth to feed, is sowing thistles and tares in fertile soil. The tenth child has as good a right to be born as the first, and if less welcome by reason of straitened means, the last persons to suspect this should

be his predecessors in the nursery. Still more reprehensible is the time-(dis)honored figment that his coming can rob the others of their share of paternal affection. Such talk is worse than foolish. It is as wicked as it is false.

In no detail of nursery routine is a "knack" more serviceable than in feeding. This is especially true during the first days of weaning-time, when the mother's anxiety over a refusal even to taste the novel food in the novel way is apt to be at the most distressing point. What often passes for distaste, or even lack of appetite, may be only a momentary whim easily overcome by a little judicious persuasion, perhaps under cover of some little ruse or a temporary diversion of the attention, during which the feeding may be accomplished in a mechanical way. An attempt to force a child to eat against his will, even when obviously in need of nourishment, may do more than fail of its purpose; it may provoke a rebellious spirit and create an aversion not only to the particular food administered, but to any other that may next be offered, which would under other circumstances be entirely acceptable to the fastidious little one. This repeated refusal adds anxiety to anxiety, the fact being overlooked that it is abnormal and might easily have been averted. Moreover, we cannot tell to what extent our own feelings at such a time react, in spite of ourselves, on the baby; but react they often do, and only add complication to our troubles.

Societies for the Prevention of Cruelty to Children have had their hands so full of late as to encourage belief in the theory that crimeful thoughts ripen most rapidly and rankly during "the heated term." The officers of the Philadelphia Society arrested a woman for beating her baby with fiendish severity, and, upon trial of the case, brought out the truth that she had bought the child from a so-called doctress and dealer in such wares. Why a woman who wanted a baby

so much as to pay \$10 for it should then whip it almost to death is a problem in human depravity which most people are too humane to be able to solve. In Chicago seven babies were found in one house, packed into two cribs, each with an empty bottle beside it, filthy, emaciated, and starving. The woman of the house has received about fifty infants "to care for" since July, 1884, and moreover picked up, she asserts, a dozen from door-steps! That intramural baby-farming is carried on in America to a degree little suspected by charitable societies, and seldom exposed by legal authority, BABYHOOD has already asserted. The case in question illustrates the necessity of regular and compulsory inspection of every dwelling in which babies are taken to be boarded and "cared for" by other than their natural guardians.

The interesting lecture on "Domestic Medicine," by Dr. Jacobi, from which we quote on another page his remarks on "The Second Summer," contains the following comments on "Worms" and "Teething":

"Despite the fact that the more rational feeding of infants has nowadays rendered the presence of worms in the intestinal canal comparatively rare, the maternal mind still fondly clings to the notion that all infantile diseases are due to teething or worms. 'But I tell you, doctor, that the baby keeps scratching his nose.' 'Then give him a little slap on his fingers, or cleanse his little nose with salt water, or take some grease without any salt in it, some olive-oil, or vaseline; but be sure to apply these inside, and not externally, as is usually done.' As I have said, the belief in the potency of worms in producing disease is beginning to lose ground. Their place has been usurped by 'malaria'—a word at once sonorous, mysterious, expressive, meaningless, vague. . . . Teething, on the other hand, has lost nothing of its significance. What would become of our dear domestic medicine without this 'teething'? Don't all children cut teeth? And are not all, or most, children

sick, or at least indisposed, at one time or another? Don't many of them die? Can anything be plainer than this connection between teething and sickness? I do not wish to push my heresy further than to repeat what I have said and written a hundred times—namely, that teething is not responsible for inflammation of the brain, or pneumonia, or summer complaint, or bow-legs, or rickety swellings, or curvature of the spine, or paralysis, or even sprew."

The "Sanitary Aid Society of the Tenth Ward" of New York City has been engaged since February last in making a thorough inspection of tenement-houses in the territory included within the ward. Among other horrors, such as a family of five sharing the accommodations of a damp cellar with *fifteen geese*, they found, in a room which had not known the touch of scrubbing or white-wash brush in years, a mother and five children, mere babies, who had eaten nothing in two days. We need not strain our ears to hear "The Cry of the Children" from over the sea, or gratify a love for "sensations" by reading "Alton Locke" and "Outcast London," while such evils are nigh us, even at our doors, helping to poison the air we breathe.

A citizen of the Ninth Ward in New York City has applied for and received the municipal permission to fit up a small park in Abingdon Square with flower-gardens and seats for children. This is a modest, pretty charity that commends itself to the friends of babies who cannot get out of town. With all the "Fresh-Air Funds" and "Seaside Sanitariums" that seek to relieve this class, there are yet in every large city hundreds of little feet that never press the soft turf, baby-eyes that know nothing beyond the vista of baked house-walls, baby-hands that never pluck a growing flower. The philanthropist who makes one oasis for these children of the desert of brick and mortar will not lose his reward.



FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

THE BABY THAT MUST GO TO THE COUNTRY.

A DISTINGUISHED physician, who speaks with well-earned authority on the subject of children's diseases, stoutly combats the popular theory that the second summer of an infant's existence is fraught with peculiar perils. "It *is* a critical period in child-life," he acknowledges. "But so is the first summer, and every other!"

His position is supported by a body of statistics that staggers the sceptic and reduces to superstitious mutterings the baleful warning that smites the young mother's ear like a knell at the height of her exultation in the exceptional health of her first-born:

"Ah! wait until he has weathered his second summer before you count too much on rearing him."

From my much lower plane of observation I have for years collected data which go to prove that June heats are more trying to babies than those of the hotter second and third months of what is recognized as "settled hot weather." In some of the Middle States cities and in a larger number of Southern towns the average mortality among infants in June is greater than in any other month of the year, September standing next in this bad eminence. June suns have not the clear, honest blaze of July or the steady fervor of August dog-days, but a slow sullessness all their own, except as September casts back the bodeful glow.

The summer has leaped upon us like a ravening tiger. The "long, rainy season in May," in opening the pores of the earth and flushing the mains of trunk and bough with sap, has enervated the human frame. The

earliest of the "warm-water days," when the atmosphere is murky and clings to flesh and lungs like wet wool, have robbed muscles of strength and left no soundness of nerve in us. Digestion adjusts itself languidly to food common sense bids us take, the while appetite cries out against the consumption as an outrage.

Under these conditions the city baby changes visibly and, to the apprehension of the inexperienced mother, mysteriously. The flaccidity of muscles, which let the pretty head droop and sway like a withering flower-bell, is the outward indication of the relaxation of inward organs. His lungs labor in receiving the still, hot air. To assuage unwonted thirst he takes liquid nourishment eagerly, and the demoralized stomach rejects it unassimilated. His complexion is chalky, eyes dull and heavy or unnaturally clear and large. These phenomena and others more alarming are attributed by mother and nurse to the ubiquitous teeth. There is never a day, from the moment the nursling begins to thrust his fist into his watering mouth—betokening, the wise matrons tell the maternal novice, that "the teeth are taking root in the bottom of the gums"—to that on which the last deciduous incisor has resigned in favor of a "permanency," when Baby's masticating apparatus is not credited with some disorder, physical or moral, of the much-enduring possessor. If to this bugbear be superadded impending dreads of "the terrible second summer," the mother's soul is racked with nameless fears and positive forebodings. She vitiates the quality of her child's natural aliment by fretting and insomnia, or, if he be a "bottle-baby," changes the milk once and again,

and tries various much-advertised substitutes, in hope of hitting upon something that can be taken care of by the gastric juices.

Occasionally her experiments in the latter direction appear to be crowned with a measure of success. Regularity is restored to bodily functions, color and animation return to the countenance, and this or that celebrated artificiality, warranted to be an immense improvement upon mother's milk, gets the credit of the cure; whereas it is the greatest-hearted, sweetest-tempered of mothers who has come to the relief of the enfeebled infant. Oftener Baby "runs down" perceptibly from day to day. Indigestion is succeeded by emaciation in a frightfully brief period; the bluish-white tinge that menaces fatal collapse settles about nose and mouth. The sensible physician, too frequently summoned only when domestic practice is demonstrated to be disastrous failure, speaks out strongly. Instant change of air and place is demanded. This is not a case for medicine or tentative treatment.

"But it is impossible for us to leave town before next week," said one mother when this verdict was rendered. "Furniture must be covered, servants dismissed, and"—laughing nervously—"I *must* have a travelling-dress. We never leave the city before the 1st of July."

"This child must leave town without an hour's delay," reiterated the dictator. "Tomorrow may be too late."

In three hours the infant, in an apparently dying condition, was laid on a pillow in the mother's lap as she sat in an easy-rolling phaeton; the father took the reins, and they drove out of the city by the nearest route, slowly and with careful avoidance of noisy streets and rough pavements. For the little one's short battle for life seemed over. The eyes were half-open, but the iris was invisible under the drooping lid; the extremities were cold, the features set in waxen rigidity. There was no longer room for paltering with the awful issue. Stopping half-a-dozen times in as many miles to pour a few drops of nourishment between the poor, pale lips, now and then leaning anear to them in

agonized suspense to learn if the last sigh had indeed fluttered through, the parents reached a hill farmstead and established their charge in an airy upper chamber. In twelve hours a change for the better was evident; in three days the danger was passed.

This true story has a replication, with variations, in the experience of almost every mother to whom many children have been born. By and by she remembers the catholicon for herself and does not await the more alarming stage of the decline.

Suffer a word or two in passing as to the position of the family practitioner when the one to whom he is required to minister is the precious youngling of the flock. An immensity of cheap twaddle is vented upon the medical profession, usually in the line of witless or cruel sobriquets, all bearing towards the truth which no one admits more frankly than medical men—to wit, that drugs, in and of themselves, cure nothing and nobody—and illustrating the falsehood that doctors physic people for the love of dosing, and because they do not know what else to do when they are sent for. Instead of asking *your* intelligent and sympathizing doctor "what Baby ought to take," plead with him not to be wrought upon by your fears and his compassion into giving what may be termed a "maternal placebo"—*i.e.*, a preparation, ineffective for good or evil, to quiet your nerves with the impression that he is a man of prompt measures, while he is really trying to soothe you into the right frame of mind to receive his true prescription. Plead with him instead to advise you how to get the darling well without alterative poisons. Ninety physicians out of every hundred regular practitioners will repay such confidence with frankness, and tell you how infinitely better is skilful nursing than the expensive wares sold by apothecaries, who grow rich upon the sick man's unreason and Galen's acquiescence in the same.

Abernethy, the bitter-tongued, never made a keener epigram than when he defined physic as "something given to amuse the patient while Nature cures him." Yet it is

proverbial that neither the restored patient nor his friends are content to pay the bill of the doctor who has been so simple or so intrepid as to declare that the case stands in no need of medicine, only of wise care, diet, rest, or perhaps, and most likely, of change of air.

Some babies must go out of town, or out of life. Without pushing the decision to the alternative, let the mother be heedful of the indications that early or late summer heats are undermining the magazine of vital strength in her infant's system. Where there are very young children in a family it is well so to order the affairs of the domestic camp that sudden marching orders can be obeyed without serious inconvenience. When the hegira of mamma and Baby cannot be accomplished without discomfort to others, count the cost (quickly) and take the risks courageously. Better annoyance to children of a larger growth, to society, friends, husband—even to the impedimenta, incubus, idol, fetic of the American housekeeper, known comprehensively as THE HOUSE—than peril to the existence of your choicest treasure and a store of unavailing remorse for yourself. Faith in the one panacea for fleshly ills is yearly becoming more nearly universal. For your baby it is a very miracle of healing. He has a prescriptive birth-right in the benefits to be drawn from ocean breezes or milder airs that have gathered balm from resinous forests, oxygen ("which is the life") from miles of green fields, freshness from mountain-brow and leaping stream.

Leave embroideries and laces behind you as you escape to the mountain or seaside. Have plenty of loose slips and light flannels, wide shoes and stout stockings. Throw solicitude for Baby's complexion to the winds which are to renerve his whole body; wink at grass-stains and soiled fingers. So long as the direct rays of noontide do not beat upon his head, and he is not exposed to damp draughts, do not fear to grant him an abundance of what you have brought him to the country to get—pure, sun-warmed, living, Heaven-given and Heaven-blessed AIR.

NURSERY COOKERY.—NO. 8.

AS a fitting accompaniment to the chapter on "The Baby that must go to the Country," it is well to set down a few recipes for the preparation of food that may stay the failing strength of the little one debilitated by heat or suffering from the disorders incident to the season. Mothers err most innocently in trying to tempt the child's appetite with dainties which are wholesome enough for the stronger stomachs of his elders, but almost as deleterious as pounded glass to his.

These recipes have been tried and found to be trustworthy. But, while the food cooked in obedience to the directions here furnished is simple and digestible, it must be remembered that no change should be made in the diet of a delicate or ailing child without the consent of the physician.

RICE JELLY.

One-half cup of raw rice.
Three cups of cold water.
One cup of fresh, sweet milk.
One-quarter teaspoonful of salt.
Bit of soda, not larger than a pea, dropped into the milk.

Wash the rice and then soak it for four hours in just enough water to cover it. Add, without draining, to the cold water; bring to the boil in a farina-kettle, and cook until the rice is broken all to pieces and the water reduced to half the original quantity. Add the milk and simmer, covered, for half an hour. Strain through coarse cheese-cloth, pressing and twisting *hard*. Sweeten slightly, and feed to the child when it has cooled sufficiently.

SAGO JELLY

Is made in the same way.

BARLEY-WATER.

Three tablespoonfuls of pearl barley.
Three cupfuls of boiling water.
Just enough salt to take off the "flat" taste.

Pick over and wash the barley carefully. Cover with cold water and soak four hours. Put the boiling water into a farina-kettle, stir in the barley without draining, and cook, covered, for an hour and a half. Strain through

coarse muslin, salt and sweeten slightly, and give when it is cool enough to be drunk with comfort.

TOAST-WATER.

Two thick, crustless slices of stale, light bread.
Two cups of boiling water.

Toast the bread to a crisp brown, but do not let it get charred. Lay in a bowl, cover with boiling water, fit on a close top, and steep until cold. Strain through muslin without squeezing, and give, a teaspoonful at a time, when the child's fevered system demands water. It is more palatable if sweetened slightly. For children two years old and upward you may add a bit of ice to the toast-water, or keep it on the ice.

DRIED FLOUR PORRIDGE.

Two cups of flour.
Three quarts of cold water.

Tie up the dry flour securely in a stout, clean bag of muslin or linen; put it into the water and let it boil, after the water begins to bubble, for at least four hours. Open and remove the cloth, turn out the ball of flour on a flat dish, and dry all day in the hot sun or four hours in an open (moderate) oven. Or, if it is made in the evening, leave it in a cooling oven until morning. It should not be at all browned by the heat.

To make the porridge, grate a tablespoonful from the ball, wet into a paste with cold water, mix up with a cupful of boiling milk, salt very lightly, boil five minutes, and it is ready for use. Keep in a cool, dry place.

An excellent preparation in cases of "summer complaint," or weak bowels from any cause.

BEEF TEA.

One pound of lean beef, chopped fine.
One quart of cold water.

Put the beef into a saucepan, pour the water over it, cover, and set at one side of the range where it will not reach the simmering-point in less than an hour. Cook thus very slowly for five or six hours, lifting the cover several times to break the meat apart should it clot together in cooking. Set aside in a cool place until it is perfectly cold; remove every particle of fat from the surface; strain through stout, coarse muslin, pressing hard to extract the nourishment. Throw away the exhausted rags of boiled flesh. About a pint of liquid should be left after the boiling and straining are accomplished. Set this over the fire in a clean saucepan; when scalding hot—not boiling—stir in the white and shell of an egg, and bring quickly to a sharp boil, stirring often to prevent the coagulated egg from sticking to the sides or bottom of the vessel. Cook thus for three minutes, and strain through a colander lined with a thick cloth, but do not squeeze or rub the clotted egg. Salt lightly to taste.

You will have a large coffee-cup of amber-colored bouillon, in which is the strength of a pound of meat. It may be eaten either cold or warm. This is a good recipe, and cannot but give satisfaction *if followed exactly*.

THE SECOND SUMMER.

BY DR. A. JACOBI,

President of the New York Academy of Medicine.

THE property of the second summer of destroying our children has come to be Gospel with us; it is simply accepted as a fact. And yet it cannot very well be the *summer* that causes this destruction, because the second summer of the one is the first of the other little creature, and the eightieth of the eightieth. It is a question, then, of the dangers incident to the second *year* of life.

There is but one other prejudice that is quite as ridiculous as this one—namely, the notion that a seven-months child will live, but that an eight-months child must die. Do you know in what way this belief was explained by a great professor at Padua, who made himself the mouthpiece of all the wise women in the world? Simply thus, and I hope you will remember it: In the seventh month of the deve-

lopment of the child Luna (the moon) holds sway. She aids the vitality by her humidity—as for that matter, the moon is quite dry, and it is the nights that are damp—and by the light derived from the sun. In the eighth month Saturn governs. He devoured his children, and still carries on the business. The ninth month sees the sway of Jupiter, the dispenser of life, and this is well for the children.

When once born the child continues generally in good health, although exposed to great danger. The transition into the new life, the sudden revolution in the circulation of the blood, the influence of the changes of temperature, the development of the tender organs and tissues—all this frequently involves disease and danger of early death. With each additional day that separates it from its birth the child becomes stronger and better fitted to survive; the mortality decreases with each week, each month, and each year. The second summer demands fewer victims than the first. Let him who has eyes to see examine the official records and discover the proof in the figures. But the second summer costs more lives than it ought to. The fault lies not with the *second* summer, nor with the children, but with the *heat* and the parents. The summer heat may in itself be dangerous; in conjunction with bad diet it becomes frequently fatal. It is an established fact that nearly all the mortality among children in summer is caused by diseases of the digestive organs, and that all these fatal cases would be averted were these organs not to become diseased. Now, the second summer is the summer in which the artificial feeding of children has begun, or

is about to begin. Rational artificial nourishment is the proper one for children who are old enough and whose organs have been sufficiently prepared for it. With proper feeding and intelligent care few children need suffer from stomach or bowel troubles. Sensible mothers in good dwellings—even those in poor circumstances—lose no children from this cause. Hence it is not the second summer that kills the children, but the ignorance or negligence of those who attend them. This is all the worse from the fact that the rules for the proper nutrition of children are very simple—indeed, so simple that they are not observed on account of their very simplicity.

My purpose, however, is not to discourse about medicine or about my personal views, but about popular hygiene as it is and as it should be. Now, in the matter of the feeding of children the most preposterous things are done, because sanctioned by custom. In the first place, every possible food is administered; naturally the little creature swallows everything that is put into its mouth. "It looks so cunning!" Ask any dispensary physician what answer he receives to the stereotyped query in the case of children suffering from bowel complaint, "What does the child get to eat?" "Anything"; or, "It eats at our table." I shall not dwell on particulars—colored candy, sour milk, fresh bread, sausage, coffee and tea, raw fruit, vegetables. The result: diarrhoeal diseases and death. And the cause of death? Of course the second summer.—[*Extract from a lecture delivered before the Deutscher Gesellig-Wissenschaftlicher Verein of New York.*]



QUANTITY OF FOOD REQUIRED IN INFANCY.

BY J. LEWIS SMITH, M.D.,

Clinical Professor of Diseases of Children, Bellevue Hospital Medical College; Physician to New York Foundling Asylum, etc.

THIS is a subject of the highest importance, and one in regard to which much ignorance prevails. Children need food more frequently than adults, and they suffer more from hunger if their food is delayed beyond the proper time. Their tissues undergo more active molecular change than those of adults, so that they need more nutriment for the waste, and they require additional nutriment for the purposes of growth. It is during infancy that the most disastrous consequences follow from errors in the nursing or feeding. Numberless infants every year, and especially in the summer months, lose their lives from this cause. Improperly fed, they soon show signs of indigestion and gastrointestinal catarrh. Their food, if unsuitable in quality, if improperly prepared, or given too frequently or too abundantly, is assimilated with difficulty and only in part. More or less of it undergoes fermentation, producing lactic and butyric acids and other irritating products, which cause diarrhoea; the catarrh of the intestinal tract thus established results in waste of the tissues, and finally a marasmic condition occurs in which the child perishes, or from which it very slowly recovers under better diet and improved hygienic surroundings.

We purpose in this paper to consider the quantity of food required in infancy and childhood, reserving for consideration in another paper the proper kind of food, the mode of preparation, and the frequency of feeding. Underfeeding produces ill-effects as well as overfeeding. If infants be underfed they fret and lose their flesh and strength; if overfed they may vomit the surplus food, but if this do not occur that portion which is not digested does immense harm in the formation of irritating products, as stated above.

FEEDING AS TESTED BY WEIGHT.

Appreciating the importance of a correct knowledge of the amount of food required

by infants, certain physicians have made careful observations in order to ascertain it. M. Parrot (L. Atrepsie, Paris, 1877) weighed infants before and after each feeding with cow's milk. The number of feedings was six in twenty-four hours. His observations were scarcely sufficient in number for accurate deductions, but he concludes from them that the quantity of cow's milk required by bottle-fed infants in twenty-four hours is as follows: $9\frac{1}{2}$ ounces for the first month, 19 ounces for the second, third, fourth, and fifth month, and 25 ounces for the sixth month. This estimate is for pure cow's milk used without dilution. He differs from nearly all other observers who have devoted attention to the diet of infancy in considering the use of undiluted cow's milk as preferable to its dilution. For infants older than six months he advises that $4\frac{1}{2}$ to $6\frac{1}{2}$ ounces be added for each month to the quantity previously employed.

Meigs and Pepper mention the case of an infant of four months, in good condition and without symptoms of indigestion, who took 36 ounces of breast-milk daily, and another of five to six weeks that took 18 to 23 ounces daily. The same authors cite the observations of M. Bouchard, who concludes, from weighing infants before and after nursing, that while the new-born require much less breast-milk than those who are older, 20 ounces daily are needed between the ages of one and three months, 23 ounces after the third month, 27 ounces after the fourth month, and 30 ounces between the ages of six and nine months.

THE FIRST MONTH.

A few years since Drs. Chadbourne, Parker, and myself made observations in the New York Infant Asylum and New York Foundling Asylum, in order to determine how much food children required at different ages. Those selected for observation were well nourished, and they were accurately

weighed before and after each nursing or feeding during twenty-four hours. Eleven infants under the age of three weeks, who nursed, with three exceptions, twelve times in the twenty-four hours, were found to take, in the average, in the day and night 12.55 fluid ounces. In the three excepted cases the nursings were 9, 9, and 11 times. These statistics correspond with those of other observers. They show that new-born infants require only about half the nutriment needed by those of the age of two or three months. The amount of breast-milk requisite for healthy nutrition gradually increases with the growth of the infant.

SECOND TO TENTH MONTH.

The second series of observations related to infants between the ages of one and ten months. Sixteen cases were embraced in this group, of which eight were five months or under, and eight between the ages of five and ten months. It was found that the infants in this series received in the average 23.79 fluid ounces of breast-milk in twenty-four hours. One of them nursed seven times, eight eight times, one nine times, five ten times, and one eleven times during the period of observation. Therefore, according to these statistics, infants between the ages of one and ten months, if they nurse twelve times in twenty-four hours, receive two fluid ounces at each nursing; if they nurse eight times they receive three ounces. It was found that those under the age of five months received in the average nearly the same quantity as those over five months, with the exception of the only infant under two months (one month and five days), who took in the twenty-four hours considerably less than the average. Since in the above observations the infants were carefully weighed before and after each nursing, and the utmost care was taken to avoid any error, and since the number of infants in each group was sufficient for reliable deduction, we may accept as very near the truth the above estimate of the amount of breast-milk required up to the age when wea

CHILDREN FED ARTIFICIALLY.

The following observations bearing upon the same point were made by me in private practice. The infants upon whom these observations were made were bottle-fed, but the food employed for them was prepared so as to closely resemble human milk in nutritive properties and consistence. These infants were well nourished, presenting symptoms which indicated normal hearty digestion. The first of them, aged six weeks, had taken at each feeding since the fourth week one-and-a-half ounces of milk, one-and-a-half ounces of water, and one teaspoonful of Liebig's food. When three to four weeks old it took at each feeding one ounce of cow's milk, one ounce of water, and one teaspoonful of Liebig's food. It was fed six times in twenty-four hours. A second infant of eight weeks, large and rugged, took eight times daily two ounces of milk, two ounces of water, and two scant teaspoonfuls of Liebig's food. A third infant, aged two months, took at each feeding, eight times daily, one teaspoonful of Liebig's food in seven tablespoonfuls of milk and water, equal parts. A fourth infant, of one month and three days, fed, the mother states, nearly every hour in the daytime but at longer intervals at night, took in twenty-four hours forty-seven tablespoonfuls of the following mixture: One heaped tablespoonful of Borden's condensed milk, one tablespoonful of lime-water, and ten tablespoonfuls of water. Probably this baby was fed about nine times in twenty-four hours, so that it took five tablespoonfuls at each feeding. A fifth infant, aged six months, which seems to have been a hearty feeder, took at each feeding, and nine times in twenty-four hours, peptonized milk prepared as follows: One tablespoonful of peptogenic powder (Fairchild's, designed to peptonize milk), four tablespoonfuls of milk, four of water, and one of cream. The large quantity of nine tablespoonfuls at each feeding did not seem to cause any gastric distress.

Liebig's food is prepared according to a formula promulgated by the celebrated German chemist, who, in the last years of his life,

devoted attention to the study of the diet of infants. By the process which he recommended, starch is converted into glucose, and thus the infant is relieved of the burden of digesting it. Hawley's, Savory & Moore's, Horlick's and Mellin's foods, and some others, are prepared according to Liebig's formula, and are essentially the same.

CONCLUSIONS.

The above observations are designed to show the average amount of milk required by the infant; but some infants, like adults, need considerably more than others, and the infantile stomach is so distensible that it holds more without discomfort than would seem possible. Thus the infant of four months observed by Meigs and Pepper took 36 ounces of breast-milk in twenty-four hours without apparent discomfort and with a healthy and robust development of his system, while one-third less would have been sufficient for another infant. If the breast-milk furnished to the infant be too watery and deficient in nutritive properties, or if the cow's milk with which it is fed be too much diluted, the quantity of food which it takes and requires will be in excess of the average quantity. Thus the infant of six months alluded to above, that took four tablespoonfuls of milk, four of water, and one of cream, would probably have done as well with two less tablespoonfuls of water, since in the smaller quantity it would have taken the same amount of nutriment.

The importance of the above observations is apparent, inasmuch as they enable us to determine approximately how much food should be given at each feeding to infants that are unfortunately deprived of the breast-milk. The food thus used should, of course, bear the closest possible resemblance to human milk in consistence and nutritive prop-

erties. Although many substitutes for human milk have been prepared, and sold in the shops with extravagant recommendations, it is the opinion of the most intelligent and experienced physicians that animal milk, and for convenience that of the cow, should be made the basis of the preparation employed. In my opinion the following is very nearly the proper scale for the dilution of cow's milk, which should, of course, always be as fresh as possible and of good quality: Under the age of two weeks, one part milk, two parts water; at three weeks, two parts milk and three parts water; at four to six weeks half-milk and half-water; at three months, three parts milk, two parts water; after four months, three parts milk and one part water. This scale of dilution does not give as large a proportion of water as is recommended by some authorities in infant dietetics, but it is sanctioned by the above observations.

The quantity of milk, prepared as directed above, which infants require at different ages may be formulated as follows from the statistics which we have given. Under the age of three weeks one to one-and-a-half ounces, with the water added after it is measured, should be given at each of the twelve daily feedings. The quantity should be gradually increased as the infant grows older until the age of three months, when three ounces should be given at each of the eight feedings. Some infants do not seem to require an increase of this amount, but others who are hearty need more. Thus one infant aged four months took, in the average, four ounces of breast-milk at each of the nine nursings in twenty-four hours. The baby after the age of six months should be fed every three hours, and four ounces of milk may be given at each feeding, in order to insure a sufficient quantity. Some require less than this, and occasionally one needs a little more, say 4½ ounces.





BABY'S WARDROBE.

SUMMER FASHIONS.

THE charming little costumes for children, adapted for seaside and country wear, and for summer use generally, are almost as varied in style and fabric as the scores of novelties designed for their elders. Especially noticeable is the attractive variety among the lines of summer fine woollen goods, which this year are brought to a standard of genuine elegance. First to be mentioned, however, are the suits which will be in constant requisition—the out-of-door, wear-and-tear garments, calculated to endure days and weeks of play and of exposure to strong sunshine or the effects of sea-air, to say nothing of the demoralizing and devastating effects following that customary and hereditary employment of childhood—the concoction of mud-pies and sand-puddings. Strong but fine, evenly-woven “butcher’s” linen, in soft-gray, brown, dark-blue, or *écru*, is one of the leading fabrics for these utility suits, both for boys and girls. Fancy cotton braid, either white or colored, is the correct trimming for them where any garniture is desired; but the most easily laundered and perhaps the prettiest linen dresses are made with a deep hem on the full skirt, headed by three or four rows of tucks. Overdresses or sashes with these suits are superfluities, and a blouse, with three flat box-plaits front and back, is joined to the skirt by a broad belt of the same material as the dress. This belt is sometimes finished on each edge with a row of herring-bone work in scarlet or white cotton, and the deep marine collar likewise decorated. The new French gingham shows this season the handsomest colorings and the most attractive patterns that, in these goods, have ever graced the counters of our city merchants. They are all warranted “fast colors,” notwithstanding their brilliant hues, and they are at once dressy, durable, and economical.

Some finely-woven all-linens, with white or tinted grounds sprinkled with minute dots, sprigs, stripes, and hair-lines, have been brought out by a Broadway house at the low price of

twenty-five cents a yard. These make dainty and fresh-looking little Gretchen or Hubbard dresses for little girls, and are neat and trim fabrics for little boys’ sailor or plaited shirt waists, to be attached to their Knickerbockers or knee-pants of tweed or flannel when the days are too warm for the entire suit of cloth.

For the cooler days of summer, either for town or country wear, are prepared many graceful costumes of flannelette, serge, either in rich or neutral shades; cashmeres, plain or figured; Albacross cloths, and tricots in grave or gay shades, to suit different tastes. The Gretchen, Princess, Mother Hubbard, Greenaway, French, Polish, Russian, and English styles are all represented in suits of varied grades and shapes; but in every instance they are attractive, and they demonstrate how, even in gowns for the little people, the costumes of various nationalities have gradually introduced themselves into our once almost exclusive American style of dress.

A PRETTY GRETCHEN COSTUME.

One little “Gretchen Peasant” suit, in its quaint, Old World simplicity, shows its unmistakable origin in its modelling. It is made of pale-blue sateen, polka-dotted with red, with tucked Nainsook for the front and back of the white *guimpe*, and four rows of tucks at the wrists of the long, white sleeves (the bodice portion of the dress itself is sleeveless). The *guimpe* buttons down the back, and is sewed to a little plain muslin underwaist, to which also the white petticoat buttons just below the belt. The sateen bodice is cut out slightly low in the back, and the fronts open in a V-shape, reaching from the tops of the shoulders to the waist. There is an under-arm gore at each side of the back portion, and beneath the edge of the V-opening on the right, in front, are sewed straps of the sateen an inch-and-a-half wide, with a space equally wide between each strap. These cross over the *guimpe* and fasten on the left side with tiny round mother-of-pearl buttons and button-holes worked with red silk. The last strap just under the chin is omitted, and

this leaves a little square space, and just here the *guimpe* is fastened with two small red studs. The square is bordered with a little gathered frill of pale-blue mull embroidered in dots of red, and the arm portion on the sleeveless sateen bodice is likewise finished, but the wrists of the white sleeves of the *guimpe* are edged with a narrow white embroidery. The full skirt is tucked and kilted, and wide sash-ends, made of the sateen and simply hemmed, are plaited up closely and sewed in with the under-arm seams, then carried back and tied in a generous bow behind. White fabrics are most generally chosen for *guimpes*, though occasionally, when figured goods are employed, the same material of an unpatterned kind is used for *guimpe* and sleeves.

"GROWN-UP" FASHIONS IMITATED.

Many of the childish costumes shown are diminutive copies of the creations of the modiste designed for grown-up people, and even upon wee suits recently noted, and made for little four and five-year-old children, little cutaway jackets, with jaunty baby-vests plaited or gauged beneath, were seen, while others showed little *revers* of velvet cuffs, shirred Fedora waistcoats, and *cincture* belts, with rounding zouave or straight Russian jackets above. These suits were made of the simplest materials, plain or in small patterns; for if, besides being modelled after "grown-up" fashions, they had been made of brocades and other rich materials, and trimmed with lace, a child costumed in them would have looked a fussy little puppet, overdressed beyond its years. As it was, the effects mentioned were rendered childish and pretty.

CLOAKS AND WRAPS.

During an interesting visit at the establishment of Messrs. Lord & Taylor recently the lady superintendent and designer in the department devoted to clothing for very young children displayed an array of original costumes which were extremely tempting and artistic. Beginning with a superb long cloak of heavy, white corded silk, price \$90, and a number of christening robes whose exquisite fabrics and solid fronts of lace, hand-embroidery, and insertion made them fit for the children of princes, the clothing graded down to raiments adapted for general wear and utility purposes, though through all the phases of the transformation the garments lost none of their childish, picturesque charm. Among the numerous wraps designed to replace the heavier ones of cloth, etc., was a quaint little cloak, fashioned in the new short-waisted style, and

made of the finest and softest of summer cashmere. The model is here pictured.

The fabric has a white ground, plaided with several delicate colors, among which pale-blue and a bright hair-line of ruby predominate. The skirt portion is laid in very wide box-plaits, between which are set panels of ruby velvet, this arrangement going round the entire skirt. The short waist is double-breasted, the color and cuffs are of ruby velvet, and a belt at the waist, and a bow and ends of ruby satin ribbon tied under the collar, give the finishing touches to a little model for a wrap that will be both useful and ornamental the summer and autumn through.

WHITE COSTUMES.

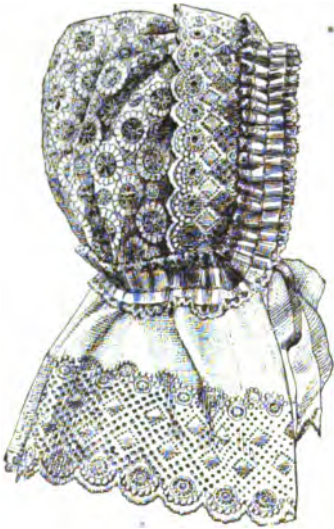
In white costumes were noted many novel designs. Hem-stitching in diamond designs is an effective garniture wrought in fine muslin. Hand-embroidery in specially beautiful patterns was used to decorate the cloaks, slips, dresses, and skirts made of French cambric, sheer Nainsook, and piqué. The last-mentioned material, made into short cloaks with deep capes above, was hand-worked in designs specially shaped to adorn the skirt, cape, collar, and cuffs, and *en suite* were the cunningest of baby sun-bonnets, round hats and caps.

HEAD-COVERING.

The exhibit of baby head-covering this season is quite bewildering. The variety of beautiful lace caps is almost endless, but the prettiest and newest show plain, round, unpuffed crowns of handsome net or needleworked muslin, and a double edge of rich lace or muslin to match falling softly around the face and neck.



Baby-girls are made to look charming in little shirred round hats, which can be produced in shades and fabrics to match the dress, embroidered Chambéry hats being favorites. The little peaked bonnets of shirred white veiling, woollen lace, or net have linings of palest rose-color and string to correspond. For morning wear there are plain Quaker sun-bonnets of white piqué, linen, and Victoria lawn, or Turkey-red calico. All these are made with very deep capes to fall over the shoulders. A very *chic* little one here given, and made also at Lord & Taylor's, has a deep cape of Hamburg embroidery.



This protective little head-covering is *en suite* with a lovely little short dress and overcloak of embroidered white Nainsook.

LIGHT CLOTHING FOR BABY.

IT was a hot August afternoon. Baby Rose was in her nursery, made as cool as the boiling weather would permit. A neighbor called with Baby John. Baby John's mamma showed him with great pride to the family of Baby Rose. And well she might, for he was a plump, sweet, intelligent little fellow of nearly two months—a few weeks younger than little Rose. But he soon showed that he was very uncomfortable, and wriggled about and grew red and moist with perspiration. And Baby Rose's mamma did not wonder at that in the least; for the little mite dressed, as further investigation showed, in

a way which any wise baby would resent. In the first place, he had a wide flannel band pinned very tightly over his stomach, then a knitted shirt over arms and high in neck and down over the band. Then he had a flannel pinning-blanket fastened on by means of another tight band pinned about the upper part of the waist. Then he had next a flannel petticoat, elaborately embroidered, and fastened on with still another band. Then came a long white cambric skirt, heavy with many rows of tucking, and a deep flounce of Hamburg edging. And that, of course, had to be held on by a broad band pinned tightly around the waist. Finally came the dress, very long, with more cloth beyond the baby on the mother's lap than over the baby, and very heavy with many more tucks and rows of inserting and deep flouncing of embroidery. No wonder the little fellow resented such a weight and warmth.

Meanwhile little Rose rejoiced in, first, a raw, silk band pinned carefully around the fat little body. Next a soft, knitted shirt over arms, neck, and body. Then a pinning-blanket of fine flannel, but plainly made, and attached to a sleeveless waist of thin cambric to avoid the use of a band, and to have all, even slight weight, depend from the shoulders instead of pressing upon the vital organs. Finally, Baby Rose had a little slip of very fine cambric, made perfectly plain, with a deep hem at the bottom, and thread-edging of the tiniest at the neck and sleeves. When the weather was a little cooler Baby Rose wore socks, and at a very early age pushed through the loosely-pinned blanket to have a good kick in the air. When the first cool day came the pinning-blanket, with its cambric waist of single thickness, was exchanged for a little flannel skirt and sleeveless waist combined, and the dress put on over that; and then the shirt, the flannel skirt, the dress, and long socks were the only articles worn. The skirt was made like a dress-slip, with high neck, but with no sleeves, and with seams under the arm. It was short in comparison with most baby-skirts—only just long enough to furnish warm covering for the little legs and feet, but with not an inch more for weight and “looks.” The dresses were still plain, and from the first were less than a yard long—measuring from the high neck to the bottom of the hem a scant seven-eighths of a yard. Later on, when the cold weather came, the long socks changed to still longer stockings, pinned up over the knee, and thick, crocheted socks were added to make “shoes,” so that the feet had two thicknesses of close woollen over them, and

could flourish in the warm nursery, out of skirt and dress, to her heart's content without fear of cold.

Baby Rose's mamma thinks it is cruelty to children to dress them, as so many are dressed, with heavy clothes and innumerable tight bands. All the garments should be made with waists. Then, with the circulation kept brisk from absence of compression, and with care to have the warmth of clothing evenly distributed, with especial care that the feet have covering each one by itself in a sock or stocking, so that action may be free and no exposure follow, the clothing required will be found to be very light. An extra wrap for a cooler room or an accidental lowering of the temperature of the nursery will be all that is needed besides what has been already mentioned. And even if Baby has no warm nursery, with the temperature kept at seventy degrees for her benefit, the extra clothing needed should all be made in the form of either long-sleeved or sleeveless slips—that is, all made without bands, and with waist either cut in one piece with the skirt or separate and attached with buttons as preferred. But above all things let the baby's right to light garments be respected; and do not have the skirts so long as to be burdensome to tired Baby and weary mother alike. The mother's lap can be decorated with something much more beautiful and appropriate than yards of useless "tucking," and the baby will be much improved in looks as in comfort by dispensing with heavy trimmings of all sorts. All mothers may not have Baby Rose's mamma's fondness for simple dresses for babies and children, and grown people, too, for that matter; but if there must be trimming, let it be lace, or something more appropriate and light than Hamburg edgings and deep tuckings. And if the tight, straight waists "come in the patterns," or if "they all have them," let the wise mother throw away the patterns and devise shapes which do not restrict the circulation, but give equal weight and warmth over all parts of the body.

A. G. S.

INFANT'S SILK CROCHETED CAP.

USE knitting-silk No. 300. Begin by making a chain of 10 stitches, and joining the ends to make a ring. Over the chain work 26 treble crochets.

Second Round—In each loop work a single crochet.

Third Round—Take up every second stitch of previous row and chain 5, making a row of loops.

Fourth Round—Take up the middle of loop in preceding row, chain 5, take up middle of loop, chain 5, and so on all around.

Fifth Round—In each loop of fourth round work 4 treble crochets.

Sixth Round—Take up every third stitch of previous row and chain 5, making a row of loops.

Seventh Round—Like fourth.

Eighth Round—Put three treble crochets in each loop of the seventh round.



Ninth Round—Like sixth.

Tenth Round—Like fourth.

This finishes the crown. To form the neck, work 3 treble crochets in each of 9 loops of the tenth round. Turn back and make 2 treble crochets in every third stitch; this finishes the neck. Beginning at the loop of tenth round which comes next to the neck, work bars of 3 treble crochets in every loop to form the first row of front.

Second Row—Turn, take up stitch between bars of preceding row and chain 5, take up third stitch and chain 5, and so on to end of row.

Third Row—Turn, take up middle of loop of preceding row, chain 5, fasten in next loop; repeat to end of row.

Fourth Row—Work 3 treble crochets in each loop of third row.

Fifth Row—Turn, work like second.

Sixth Row—Turn, work like third.

Seventh Row—Turn, work like fourth.

Eighth Row—Like second.

Ninth Row—Like third.

Tenth Row—Like fourth.

Eleventh Row—Like second.

Twelfth Row—Like third.

Thirteenth Row—Like fourth.

Fourteenth Row—Like second.

Fifteenth Row—Like third.

Sixteenth Row—Turn, work 3 treble crochets in each loop of preceding row across the front, and in every third stitch around the back of the cap.

Seventeenth Row—Make a deep scalloped edge all around the cap by working 4 treble

crochets in a group separated by a single stitch. For the second row of edge work 9 treble crochets in each shell of previous row, taking one single stitch between each group of nine.

Line with surah or Marcelline silk, and put narrow, plaited Valenciennes lace under the shell edge. Put a rose plaiting of satin ribbon all around, with ribbon strings, and bow on the top and in the back of the neck.

If the cap is too large it may be drawn in with a silk cord run in the neck.

M. C. HUNGERFORD.

THE MOTHERS' PARLIAMENT.

JOHN, SENIOR, AND JOHN, JUNIOR.

To the Editor of BABYHOOD :

The amount of good done by the discussion of John and little John is simply incalculable. Of course John, senior, meant to do the right thing. He had read Solomon's injunction about sparing the rod (the Revised Version should have changed it to "Spare the stick and spoil the punch"), and was not Solomon the wisest man? There is another verse of Scripture which ought to be reversed for the benefit of humanity, and that is, "Parents, honor thy children in the Lord." And I think it was the proverbial Dr. Franklin who said sententiously : "There is a time to wink and a time to see." I was talking the other night with one of the sweetest Quaker ladies that ever lived. She had brought up a noble family of children, and I was curious to learn what she would say to the story of John and John, Junior. Of course she declared that the father should have had the whipping. "Thee knows," said she, "that the rod drives obstinacy in, and not out." The best way to conquer such a child is not to see his naughtiness. We wink at the naughtiness of our neighbors, why not at that of our children? "My youngest little boy," she went on, "had a disagreeable habit of expressing dislike to strangers by spitting at them. I was terribly mortified again and again, but I felt sure that if I corrected him for it the habit would be confirmed, and in a comparatively short time he forgot all about it." Then she told how a father of her acquaintance, after having vainly punished his little son not to ride on the father's cart, one day determined to apply the

switch. The little fellow marched bravely up to the altar of correction ; but as he leaned over his father's knee he suddenly asked : "Papa, did not thee ever play hookey?" A flood of recollections came over the father's heart and he dropped the switch. Two weeks afterwards the dear little fellow was dead, and it was one consolation to the parents to remember that he had not been struck.

A gentle grandmother who was present chimed in to tell how her daughter's little boy, when checked or corrected, set up a howl like a young bull of Bashan. His father had whipped him again and again, but it only made him worse. In fact, he told his father one day : "Papa, when you whip me I am ever so much more apt to do it again." But it happened that once, while his mother was at Atlantic City, the little fellow was left with his grandmamma and enjoined not to "howl." He tried manfully for two or three days, but at last his resolution failed. His grandmother said : "Why, Jamie, what a noise !" But that only made him howl the louder. So, taking her work, the wise woman quietly left him *without an audience*. In a few minutes the little fellow came running in, with sunshine all over his face and a book in his hand, and said : "Grandma, I guess I will read a little while ; I have not read all day." He from that time began to be cured of his fault.

"Yes," said the sweet friend, "I love to hear a child say 'I will' and 'I won't.' It is so healthy, and it is a great deal better for the disagreeableness and ugliness to come out while the child is young than for it to be whipped in. Teach a child to be truthful, absolutely truthful,

and to be affectionate, and thee will not have any trouble as years go on."

I should make this letter inordinately long should I go on to relate all the reminiscences that followed, but they were very interesting and very practical in their application to the case of John and John, Junior.

N. H. D.

PHILADELPHIA.

To the Editor of BABYHOOD :

In the sketch in your May number called "What Really Happened," the author asks in anxious italics: "*What ought John, senior, to have done?*" I don't know whether I can answer the question correctly, but I feel like first asking another: "What was John, senior, trying to do?" One of three things certainly—trying to make his boy mind; trying to break his will; or training him up in the way he should go. I think he meant to do the first; I am sure he didn't do the last; I'm afraid he was trying to do the second; but, whatever it was, he *failed*. To begin with, it was a contest from the start. Nor was it the first one. Reference is made to a previous time when the whalebone had been used. It was a contest begun by the boy, not the parent. The child had not broken any command laid upon him by the parent, but had himself, either playfully or wilfully, invited a contest of wills. Theoretically the father was right in wishing to be obeyed after he had given a command. Having started out to have that command obeyed, it was still more difficult to stop anywhere this side of actual obedience. But as the story leaves off he had to, and did. At the outset John, senior, might have done two things. Observing the mischievous spirit of the boy, he might have kindly taken him on his lap and shown him how his action gave papa trouble, and, if this did not soften him, then have quietly led him out of the room and excluded him from the library until he was ready to do better; or he might have taken no notice of the act whatever, thus defeating the little rebel's intention at the start. I am inclined to think this the best plan. I would also recommend John, senior, to read Jacob Abbott's "Gentle Measures in Training the Young."

WM. H. COLEMAN.

GENEVA, N. Y.

To the Editor of BABYHOOD :

"What ought John, senior, to have done?" He ought to have retired to a quiet closet and beaten himself black and blue with that "strip

of whalebone" for having threatened to *strike* his little child!

The painful story that "X." tells shows that this was not the first resort to whipping, that barbaric and disgraceful way of bringing up a child. Having begun in that false way, having made that absolute threat to "whip the boy until he should pick that paper up with his hands and lay it on the table," it is hard to see what John, senior, should have done next. But two wrongs never made a right. A bad promise is better broken than kept. Let us hope that when the dear baby was creeping over the floor in "dog-like fashion," a glimpse of his own humiliation came to John, senior, and that he caught up the now naughty boy in his arms and with tears confessed, "We have both sinned; have patience with me, and I will have patience with you, my child"; and that he then replaced the child and the letter, and, after explaining the whole matter to the boy—for if he was old enough to be so naughty he was old enough to understand—said to him: "I shall wait till you bring the letter to me." It might be an hour, it might be two or ten, that the father would have had to wait; but not many children would long resist the steady gaze, the concentrated will, the unspoken pain of the parent. Time and infinite patience might be necessary for the first few times, but it is surprising how soon the rebellious little creatures learn to yield to a determination greater than their own. They usually give up with a great sob that is deeper felt than the piercing shrieks of anger; and the triumph of the parent is a thousandfold more perfect than it is when it comes from the brutal blow. Strict obedience to parental authority is absolutely essential in the home, but no obedience is worthy the name that is not founded on sincere respect.

While writing this letter I saw a horseman attempt to pass a steam-roller on the street. The horse refused to go. Twenty times the patient rider attempted it; twenty times the horse wheeled about and would not face the seeming monster. The man had whip and spur. Like a true man, he used neither on the terrified animal. But it was written on that man's mind, "He shall go by"; and slowly the restless horse, through the firm-pressed knees and close, steady lines of his rider, felt that will and yielded to it. I could have applauded as at last the beautiful creature walked quietly by bearing his dignified rider, who had not once shown a trace of impatience. Shall we treat our horses better than we boys?

How would John, senior, have made his horse go by the steam-roller?

BOSTON.

ISABEL C. BARROWS.

[We have received several other interesting letters on the above subject, but are compelled to close the discussion from lack of space.]

A CRITICISM ON PROF. PREYER.

To the Editor of BABYHOOD :

I must object, with many other mothers, to the injustice of calling Preyer's infant "the typical baby." I was impressed, in reading Preyer, with the very apparent fact that at least one papa erred on the unusual side of underrating the powers of his baby. It seems to me that the carefully-observant mother of *several* children is more fitted to tabulate the progress of the *average* baby than the father of *one*.

FRAU BERTHA.

SUCCESSFUL USE OF ARTIFICIAL FOOD.

To the Editor of BABYHOOD :

I have just observed in your May number a letter from "W.," of Weymouth, Mass., and think my experience may be of service to her. My baby was in splendid condition at four months and a half old. Then I was obliged to wean him. I fed him on Mellin's food and cow's milk for six weeks. He grew thin and sickly and fretful. I tried one cow's milk, and also milk mixed from different cows. There was no improvement, and I became convinced that he could not digest new milk. Then I tried Mellin's food in connection with the Anglo-Swiss condensed milk. It worked to a charm, and in a week from the time I began its use he was a happy, well-satisfied baby, gaining steadily in flesh, and so he has continued ever since. Prepare the food as directed on the bottle, using all water instead of milk and water, and to the quantity necessary for a meal add a tablespoonful of the condensed milk.

When about ten months old my baby seemed to need something more than the Mellin's food, and I have gradually replaced it by the following diet: Half-a-pint of oatmeal, either groats or rolled (I prefer the rolled), in two quarts of cold water. Set it on the back of the range and cook very slowly four or five hours; then strain through a *coarse* soup-strainer. When cold it

should be an almost white, delicious jelly. Dissolve a teaspoonful of condensed milk in five or six of water, and fill up the half-pint cup with the oatmeal-jelly. This does not loosen the bowels, as does the unstrained oatmeal with its inevitable husks. In alternation with this food I give the farina-porridge from the recipe in your January number, only using all water in making it, and adding a little condensed milk as for the oatmeal. I give my boy five meals a day. He is now thirteen months old, and neither has nor desires any other food, and it would be hard to find anywhere a healthier or happier child.

H. E. H.

WHITE PLAINS, N. Y.

AN "ARROWROOT BABY."

To the Editor of BABYHOOD :

In a recent number of your invaluable magazine there is an appeal from a mother which I appreciate thoroughly, and want to answer by giving her a diet that I hope will be tried by all mothers who are so unfortunate as to have bottle-babies.

Four tablespoonfuls of cream to a bottle; fill up with boiling water, and add a pinch of ingluvin when there is indigestion. (The ingluvin can be procured from any druggist.)

I know from sad experience that the same food will not agree with every child, and that very often a baby *cannot* digest milk. Mine is an "arrowroot baby." He could not digest milk in any preparation. After two months' trial and experimenting, in which we thought he could not live, my good old nurse prepared some arrowroot for him, stirring into a pint of hot water two teaspoonfuls, taking off the fire as soon as boiled, and sweetening to taste. (As he grew older we increased the quantity of arrowroot.) This soon corrected all troubles, and we brought him from Oregon to Ohio on this preparation when not quite three months old.

As he grew older I felt that he needed milk, and gradually added it to the arrowroot, first mixing it with the powder before stirring into the water—where I had used cold water previously—then increased the quantity of milk and lessened the water. Finally, through the advice of a friend, I gave him the cream first recommended, which acted like a charm. Since then we have had no further trouble with Baby's digestion; and he now weighs twenty-five pounds and a half at fourteen months of age, and eats everything we consider judicious to give him.

E. F. S.

CHILLICOTHE, OHIO.



SUMMER PASTIMES.

CHILDREN OUT OF DOORS.

BY HARLAN H. BALLARD.

A PREVALENT ERROR.

EVERY one admits that it is good for little children to be out of doors in pleasant weather. Sunshine and fresh air are the best friends of babies. But unfortunately not all are agreed as to how they should be attended. There is a curious belief, which is said to prevail in New York City and to some extent in other places, that the presence of a child's mother during its sojourn out of doors is injurious to both parties. Differing from most fancies of a similar nature, this fear is not found so much among persons of ignorance and poverty as among the cultured and intelligent leaders of society. It is an odd phase of this belief that the supposed danger seems to be vastly aggravated by the motion of wheels. A combination of mother and wheels is regarded with alarm; so that, although some ladies venture to accompany their little children when they are old enough to walk with a white French cap accompaniment, it is rare to see one that dare risk the well-being of her child to the extent of personally attending it if lying in its baby-carriage.

If any of the mothers who read *BABYHOOD* have been troubled by this fear, they will rejoice to learn that recent experiments have proved it to be entirely groundless. A child of three years old was placed in its carriage, supported by four ordinary wooden wheels, each surrounded by an ordinary iron tire. The mother of the child then placed herself, under competent medical direction, behind the vehicle, grasped the transverse bar with both hands, and imparted to the carriage a forward or propulsive motion. The condition of the child was accurately noted at the instant the contact between its mother's hands and the transverse bar was complete, and no shock of any sort was manifested. On the contrary, there was plainly visible an expression of delight more pronounced than had previously been produced by the combina-

tion of the vehicle with the most approved Gallic or Celtic motor. The mother was thus encouraged to continue the experiment, at first with some trepidation, but with gradually increasing confidence, until finally all sense of anxiety vanished and she wheeled her boy happily through the principal streets of the town. This bold experiment has attracted much attention among the scientific parents of the vicinity, and so pronounced was the success of it that it may safely be predicted that the error of the former belief will soon be universally recognized. That will be a happy day for the children—and their mothers.

Similar experiments have since proved that a father may connect himself to his baby's carriage with equally safe and satisfactory results.

SAND AND GRAVEL.

Nothing is better for children, in many instances, than a month by the seaside. It may not have occurred to some parents that if circumstances prevent them from taking their little ones to the sea they can easily secure at home, and at trifling cost, nearly all the advantages of the coast. I imagine that to the eye of a four-year-old the sight of the rolling expanse of water is not essential. Babies do not appreciate scenery. As for the bathing, the wisdom of plunging little children in the cold brine of the Atlantic is doubtful at the best; but in any case a package of sea-salt dissolved in a gallon or two of water will furnish an excellent substitute. After all, after the change of air, the main thing seems to be the sand. It is fascinating to the tiny fingers, and it reflects the warmth and life of the sun, keeping the legs and arms aglow and preventing the children from catching cold.

Select the sunniest corner of your grass-plot, and have one or two good loads of gravel and sand dumped thereon. Let this be surrounded by a light lattice fence, and you will have one of the best playgrounds imaginable. A little spade and a bright tin pail are all that need be added to make the thing complete. You have

the benefit of the clean, warm sand, the sunshine, and the digging, with no anxiety regarding wet feet or accidental bathing. In Kansas and other prairie States babies are sometimes tethered to trees with long, soft cords, like cattle, and they enjoy, in common with planets, freedom to revolve [combined with exemption from the danger of flying off on a tangent] unless by an unhappy chance they succeed in winding themselves quite up to the tree, as was strikingly illustrated by Mrs. Rollins in *St. Nicholas* some time ago. Our little lattice corral gives the freedom and security and removes the danger of winding up.

THE GARDEN.

A wealthy and wise gentleman of my acquaintance refrains from buying or building a house in the city, preferring, while there, to live in a flat and to put his money into a beautiful country estate. "I prefer," he says, "to leave to my children, when I die, a country home rather than a city prison." Children who are so happy as to have a home in the country, even if only for the summer, can be greatly pleased and amused by having little gardens of their own. I do not mean that they shall go into the business of market-gardening, but they can have a square rod of ground, and dig in it a little, and drop some seeds in it, and water them, and dig them up every morning to see if they have sprouted yet. All this is fun for them, and not at all injurious. Then if by chance a half-dozen seeds escape the disastrous results of their too assiduous care, and actually send their leaves above the ground, what pleasure the children take in watching them, as the stems rise ever higher, and leaf after leaf uncurls, until at last the flowers appear, and their industry and patience are rewarded.

I don't know but I could accompany the Socialists so far as to believe that every child has a natural right to earth enough to dig in.

THE BIRDS.

Longfellow tells us of a beautiful custom that prevailed in Norway of setting up on a pole in every farmyard a sheaf of wheat from the harvest for the birds. During the tedious months of winter, when the ground is covered deep with snow, the various birds of that land may be seen flitting happily about these generous sheaves, from which they pick enough grains of comfort to stay them until the spring. One little girl this side of Norway gives the birds a Christmas tree. She hangs little baskets of

wheat and corn and hemp-seed on the boughs of a spruce or fir tree, and her father carries it out of doors and sticks it in the snow, where it is soon filled with a happy company of sparrows and buntings. But we need not wait for winter to be polite to the birds. They seem to love the society of human beings.

The nests of most of our summer visitors are built near our houses or barns, and can rarely be found in the solitary depths of the forest. When winter has stripped off the screening leaves I have counted from the carriage more than a hundred nests by the roadside during a drive of six miles.

Many birds thankfully accept any little attentions we may offer them. Martins, wrens, and sparrows will build their nests in boxes placed on poles or in trees, and will not like the boxes less if they are made to resemble human habitations.

Quite little children show a lively interest in the construction and location of bird-houses, and they watch eagerly as the new tenants take possession and proceed to set their house in order. Many quaint designs may be found for these bird-dwellings, and each child has large room for his own architectural ingenuity.

The only essentials are that they be so made as to protect their inmates from the rain above and from the cats below.

GARDENING FOR THE SMALLER CHILDREN.

BY FANNIE A. BENSON.

AMONG out-door recreations for little children that serve to instruct as well as amuse, few are more prolific of good results than the care of a few flowers or a miniature kitchen-garden. While most little ones display more or less love for flowers at a very early age, there are some, especially boys, who appear rather indifferent to horticulture. Many of these may easily become captivated with the more practical idea of raising some well-known vegetable, especially with the exhilarating prospect of seeing the products of their own labor brought to the dinner-table.

As the time required for the maturing of almost anything that can be selected for children to experiment with is necessarily a great trial to their patience, it is desirable that the seeds of the fastest-growing plants only should be given them. And it is best to select flowers of marked colors and fragrance, which we are quite sure will be pleasing to them, and vegetables with which

their palates have already become favorably acquainted, as this will help to remove a possible sense of tiresomeness which would otherwise be likely to intrude before they had long continued at the work.

PRELIMINARIES AND PLANTING.

The first operation to be explained to the little novice is digging the ground. Little spades or forks of a size fitted for the use of children five years old are now offered in all the seed-stores, together with hoes, rakes, and trowels. Add a diminutive watering-pot, and the sense of dignity with which the young gardener will be inspired on account of the personal ownership of his apparatus will make a good starting-point. The ground should always be dug as level as possible, with the spade or digging-fork, and afterwards made smooth with the little rake, which brings it in proper condition to receive the seeds or plants.

Flower-seeds of many kinds can be sown with successful results even in July, giving a fine show of blossoms until frost. A five-cent paper of most kinds of seeds contains enough to make a line of flowers from five to ten feet long. They should not be sown deep; when sown in rows a scratch with a stick in the ground half an inch deep is usually sufficient. After sowing, tread along the line evenly with the foot. After pressing with the foot shake a little soil over the row, just to cover the seed a little more. After a week or so almost every kind of seed will begin to sprout. If the sprouts shoot up very thick, when the little plants get to be an inch high they should be thinned out so as to leave them three or four inches apart; this will make them stout and strong, and they will then bloom much finer.

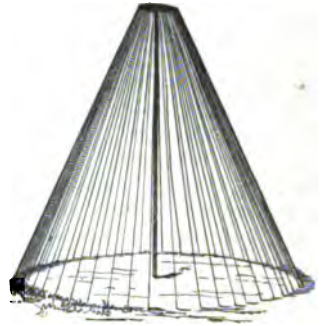
VARIETIES TO BE SOWN THIS MONTH.

The kinds of flowers that are easiest to grow in the garden made in July, and which are among the prettiest, are *Sweet Alyssum*, with its tufty, white, fragrant blossoms; *Snapdragon*, a constant bloomer; *China-Aster*, *Lady's Slipper*, *Canary-Bird flower*, which produces quantities of yellow, fringy flowers; *Candytuft*, *Sunflower*, *Larkspur*, *Lobelia compacta*, admirably adapted for front lines; *Lupinus*, which bears long and graceful spikes of all-colored flowers; *Marigold*, the African variety being the handsomest; *Four-o'clock*, which has red, white, and yellow flowers; *Mignonnette*, *Pansy*, *Petunia*, *Zinnia*, *China Pink*, *Phlox*, and *Portulaca*, which produces a profusion of flowers. Most of those named do best in the open sunshine.

CLIMBERS.

Morning-glories are among the most rapidly-growing vines; they blossom profusely, and the flowers—blue, pink, white—and variegated bells are beautiful, and always interesting to children, because they close before noon. The seeds may be planted by a wall, a fence, a tree, or a trellis.

Sweet-pea is one of the loveliest vines, and the blossoms are dainty and very fragrant. They may be trained to poles, like beans, or forced to climb a trellis, which can be made, with a little ingenuity, to look rustically graceful. The *Moon-flower*, or *Evening-glory*, is an interesting climbing plant, because it blossoms at night and on cloudy days. It is a rapid grower. The *Cypress vine* is one of the most charming climbers. It has delicate, fern-like foliage and scarlet, white, and rose-colored flowers. A very pretty effect is easily made by planting in a circle cypress-seeds and training the vines on strong twine, which should be tied to a stake stuck in the ground firmly in the middle of the circle. Put two or three seeds in the earth at every four inches distance. In a month the strings will be covered, and there will be a pyramid of dainty blossoms.



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BEDDING-PLANTS.

While it is very interesting to sow flower-seeds, it is still more delightful to set out little plants of the different kinds known as "bedding-plants." Among the varieties most easily managed are *Abutilon*, or *Chinese Bell*; *Ageratum*, a continual bloomer; *Begonia*, *Cockscomb*, *Calceolaria*, *Chrysanthemum*, single *Dahlias*, *Geranium*, double and single, and *Salvia*.

Of ornamental leaved or foliage plants there are many kinds, which alternate brilliantly in the flower-bed. The best known of these is *Coleus*. It may be set out so as to form what is known as "ribbon-lines," or in circles, ovals, stars, figures, or initials. Each plant will fill up a square foot of space when at maturity, which fact must be considered in planting.

There is also a very pretty style of flower-bed

that is called "carpet-bedding." This is made by using various kinds of *Echeveria*, which grow only about four inches high. They have many soft shades of green and yellow, and their thick leaves have a gloss like satin. These are combined in several ways with another low-growing plant that is called *Alternanthera*, the bright, showy leaves of which, being crimson, scarlet, and gold, have given it the name of "Rainbow-plant." The mixture of these plants can be made so as to resemble carpets.

VEGETABLE-GROWING.

Of vegetables the following may be sown in July: *Snap-beans* may be sown in rows two inches deep and two feet apart. If sown early in July they will mature a crop fit for the table by the middle of August. *Lettuce* of all kinds, particularly the sort called "Salamander," if sown in July in the way directed for flower-seeds, and thinned out to eight or nine inches apart, will give fine heads, fit for the table, in four weeks. *Radishes*, especially the round kind, sown in the same manner in July will be ready to pull in August. *Sweet-corn* sown at the beginning of July will produce fine ears in September.

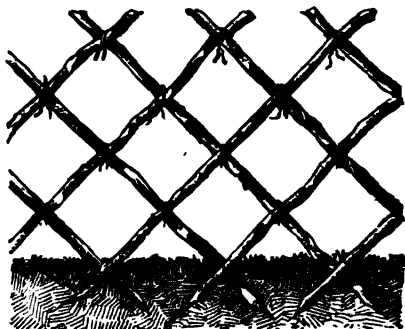
ARRANGING THE GARDEN.

Very beautiful effects may be produced in a little plot only twelve feet square. Let the seeds be sown in lines, planting *Sunflowers* at the back part, for they grow high, *China-Asters*, and *Lupinus* next, *Phlox* and *Zinnias* following, and

then the lower-growing flowers, such as *Mari-golds* and *Mignonnette*, *Pinks* and *Pansies*. If the vines are to be trained on trellises plant them at the ends of the rows where there is convenient space for the supports, except the *Cypress*, which will best be disposed in the centre, with its pyramid trellis as described. Around this plant *Four-o'clock* seeds, making the circle as even as possible. If in the other portions ovals, stars, or initials are made with *Geraniums*, *Coleus*, and *Echeverias*, a very bright and tasteful garden will be the result.

FENCE-MAKING.

Boys can pick up sticks and branches in their rambles which will make a rustic surrounding for their little farms. If these are set and tied where the bars cross one another with strong,



tarred twine, they will make a durable and pretty fence.

STRAY LEAVES FROM A BABY'S JOURNAL.

BY A PHYSICIAN.

II.

SURELY this is an eventful day. I had gone through so many sensations already that I had become quite alert. I must say, however, that I was not prepared for a surprise which yet awaited me. This time as I opened my eyes I saw a strange thing bending over me. I had never seen such an object nor anything like it, so I could draw no comparison. Language is of great importance to express ideas; I had no language, but I had ideas; now that I have language I know what my ideas signified. I

saw a woolly thing, a thing hairy above, below, and all around. What was this thing? Yet my mother and my nurse didn't mind it. How long was I to be subjected to such cruelty? The thing laid his huge paws on my body and took me up. I knew then that I had bones, for they all cracked; still, I nearly slipped away from him, and I should have been so glad if I had. But he, at the very danger of my slipping, changed his mode of procedure and assumed such an expression that I felt all my limbs trembling

from fear ; then he said : " Here, nurse, take this little thing ; I fear it may fall to pieces." Fall to pieces ! I should think so. Fall into eternity would have expressed it better. My mother, that good, long thing stretched on white, uttered a tremulous, interrupted sound which I afterwards learned to be a laugh, and said : " My little darling, that is your papa." Then I had a papa, had I ? And what on earth was my papa ? And why should I have a papa ? And this gigantic monster went up to mamma, who touched him with the same lips she so often applied to my face. Well, I had gotten into strange company indeed ! This big thing acted very peculiarly : he moved from place to place, and covered so much space as would have taken me ever so much time to cross, while every motion made everything shake and tremble. I could hear them—no wonder. I quake even now at the very remembrance of that ordeal. Fortunately he did not stay long or come often, else I should have died. I wonder how a baby-baboon feels when it sees its father-baboon for the first time ? It certainly must go into fits.

Sleep—O, sweet sleep ! Sleep alone brings me to the realm of peace. Throughout all my trials of babyhood sleep has been my constant friend. Vapors slowly rise before my eyes until sorrows and pains recede into the distance and I see them no more. When I awake all is beautiful again, and memory is not there to shake its bony fingers at me. Sleep is without doubt the baby's friend. For several days after my first ordeal in this world it has wrapped me within its fold almost constantly, and every time it has left me it left me stronger and more courageous for the battle for existence. The shocks that so bewildered me at first do not seem so terrible now ; I even feel more kindly towards my nurse. The water that so scared me at first has become a plaything now, although I must confess that they do not pour the water on me—they pour me on the water instead, which is much better. I even feel that I have conquered that element, so that I kick it, slap it, spatter it to my heart's content. I did not think I could ever become so well acquainted with that fluid ; the first application was so unreasonable that it aroused all the little nature I had against it. Those of us who hate water must know something of my experience. Some people, they say, never conquer their aversion to it. For several days after that I was allowed to rest comparatively in peace, and I enjoyed the bliss.

Awaking, too, gives me pleasure now, for every time I find my mother at my side. The milk of human kindness flows freely into my mouth, and its effect is soothing. After a full draught of it my brain plays with the ethers above and I forget myself ; when I awake they say I have a smile on my face, which proves that my dreams have not been unpleasant. My mother then plays with me, jabbars away sweet things, opens her mouth to mine ; O ! there is nothing sweeter than she, unless it is her milk.

I am even getting reconciled to the presence of my father. I do not see him very often, however, and that may be the reason. He seems as much afraid of me as I am of him. When he is gone mother takes me back to herself. She nurses me then, and I enjoy it so much that I spread my fingers over her, and when I stick them into her eyes she takes them into her mouth and never hurts them. She is never afraid of me, nor am I of her ; her eyes always shine with a pleasant smile ; her smooth face warms my cheeks with a glow that brings back to me the slumber of repose, so delicious to my senses.

After a good long sleep I awake and lie thinking. I look above and around me, and I wonder what all the things are. Then I play with my toes or put my fists into my mouth. Light then comes in and I do not know where it comes from ; often it goes out and I do not see where it goes. Then Nurse comes in, bringing one in her hand, but so different ! I like to look at it, but soon my eyes ache ; I try to put my fingers into it, but Nurse says, " No, no ; burny, burny ! " She always stops my doing what I like.

When I am pleased I crow, and that seems to please mamma and nurse ; at night, however, they behave differently, and I puzzle my brain to find the reason, but in vain. During the day when I crow they laugh and tell me many things I do not understand ; at night they only say, " Sh ! " and rock the cradle.

I don't trouble myself about dates. When I say to-day it may be a day from yesterday, it may be a week or a month. At my time of life dates do not enter much into my occupation ; therefore the reader will have to supply in my journal the dates that I have neglected.

To-day I instinctively felt something was going to happen. I had never seen my nurse so

busy before. She moved everything about the room. She was very long in dressing me ; put on me things I had never before seen, and even tried to comb my hair, when she knew I had none. Ribbons fluttered around me. Mamma, looking at me, said, "How sweet !"

Sweetness must be a relative term ; I never could see anything sweet about me when mamma was dressed. By the time nurse had done both-ering me I was so tired that I was ready to cry ; but mamma and nurse said, "No, no ; spoil ribbons !" I was mad—they said I was. Had you comb and brush applied to your head when you had no hair you would be mad, too. Besides, all this flurry made me suspicious, so that when I heard that somebody was coming up I felt all my baby's resistance rise ; but in vain. "Must not spoil ribbons," though not reassuring, was successful in keeping me quiet.

Two persons entered. How strange they looked to me ! I had learnt something of my mother, of my nurse, and even of my father ; but these were positively startling. It was with difficulty I could find their faces, so surrounded were they with I do not know what. As they moved they looked very long and had tails ; on the top of their heads they carried chickens, bah-lambs, doggies, and what not I cannot tell. One rushed to my mother, and mother disappeared ; the other fell upon me, kissed and covered me so that I could not find myself. Then one lifted me, and, holding me off, looked at me and exclaimed : "Exactly like his father." Like my father ! Can it be possible ? Then she pulled my nose, chuckled me under the chin, squeezed me, talked to me, twitted at me, threw me up and down ; and then, thinking that she had had enough fun, I yelled sufficiently loud to make this person mind her own business. She must have understood me, for quickly she said : "Here, Herma, see this dear little baby !" And, without consulting my wishes, she transferred me to her.

To Herma I did not object ; she was rotund. Rotundity is pleasing to my eye. She pressed me to her bosom : I learnt very soon afterwards that women like to press babies to their bosom. Herma had something hard on

her bosom, however, that hurt me, so I cried. Unlucky baby that I was ! The more I cried the harder I was pressed, so I gave up remonstrating ; then my fingers got mixed with something that dangled by her side, and I was hurt again, but I only whimpered this time ; then I got lost in her dress ; altogether we had a hard time to keep separated. Finally, balancing me on her hands, she looked curiously into my eyes to find out what I was thinking about, then said : "The perfect image of his father." Everybody seems bound to say that I resemble him.

"Matilda !"

Matilda is my mother's name ; I suppose it is, as everybody calls her that, just as they call me Baby : if my name is Baby, hers must be Matilda. Matilda, Herma, and the other talked and laughed and kissed, and laughed and talked ; and I was an angel, my father's child, and so many other things I cannot remember ; finally they shouted and laughed and kissed again, and the others were gone. I was glad—never was so glad in my short life. I dropped on my mother's bosom and went to sleep.

They say I am four weeks old to-day. Two persons stood by my crib as I awoke. One was my father—I recognized him instantly ; the other puzzled my little brain. Was it, or was it not ? My father had his arm around her waist. After a few moments the unknown spoke ; her voice went through me like a dagger. It was my mother, but oh ! so changed. My mother was now like other people ; she wasn't the long thing on white I had learnt to love so dearly. I could not realize the identity of my mother in that tall creature standing there, all draped in clothes with a tail. She might have been Herma or anybody else. She took me up very softly and placed me gently on her lap ; I cried to break my heart. No more cuddling, thought I ; no more lying by her side and drinking from her sweet bosom. I had a wretched day of it. My mother wasn't my mother. She was distressed at my uninterrupted crying ; she did not know what ailed the baby. They rubbed me, they walked me, they applied hot things to me, but all in vain. They did not know that my grief was not on my skin nor in my bowels ; so I had no relief till, exhausted, I fell asleep.



NURSERY PROBLEMS.

SUGGESTIONS FROM "EXPERIENCE."

To the Editor of BABYHOOD:

We appreciate *BABYHOOD* very highly, and find much that is instructive and suggestive in its attractive pages; but as mothers and nurses, as well as "doctors, differ," we venture into the symposium to offer a different solution to some "nursery problems" from those given in the last number:

(1) There must be some mistake in the instructions given for a baby's outfit which included "twenty-four napkins." We should not think it possible to keep a baby "nice and clean" with less than fifty or sixty. Of these it is well to make some of small size of soft, old table-linen, to be used at first.

(2) Fortunately for slender purses, many experienced mothers prefer *cotton* to *linen* diaper, as it absorbs and holds the moisture much better.

(3) Again, with due deference to *BABYHOOD* authority, we should advise "Perplexity" and "An Inexperienced Mother" to keep high-necked and long-sleeved underwear on the baby all the year round, whether in Connecticut or Missouri. One can buy beautiful little merino vests now of very light weight, which are better than any we can make, being seamless and more elastic.

(4) We think very few mothers now use linen shirts over the underwear. They seem superfluous, the bands or waists of the skirts being sufficient covering and quite enough garments to bother the poor baby to put on when his bath is over and he is hungry and sleepy.

(5) Another new and very good idea is not to make any bands, but have the flannel ready and cut them as wanted to fit the growing child, leaving the edges unfinished, that there be no ridges to irritate the delicate skin.

EXPERIENCE.

ST. LOUIS, MO.

(1) If napkins are washed daily, as they should be, it is possible to get along with two dozen. Of course four, or even five, dozen would be better, but the list given expressed the minimum quantity in these as in other articles. The suggestion as to the old linen squares is excellent; but this is a matter of which the nurse, when engaged, would be sure to speak.

(2) As to cotton, *BABYHOOD* does *not* agree

with this correspondent. Were it as good an absorbent as linen, as grateful to tender surfaces, and as little apt to heat and chafe, the latter would not be in such demand for handkerchiefs, bandages, and lint.

(3) It is almost as harmful to keep a child too warm in summer as too cold in winter. The lighter and looser the necessary flannels, the more comfortable he will be. Even the seamless and elastic merino shirts spoken of become adhesive and shrink when drenched with perspiration. Few adults are willing to endure high-necked and long-sleeved flannels in August.

(4) The matter of the linen shirts is optional with the mother. It can do no harm to put them on, and probably none to leave them off. But they are so dainty and pretty seen through the thin, sheer slip as to be a temptation.

(5) The same end is gained by binding the bands with soft ribbon. Raw edges offend scrupulous eyes, and unhemmed bands stretch out of shape in the washing.

A BEVERAGE TO BE AVOIDED.

To the Editor of BABYHOOD:

Is it possible for a baby to "suck wind" into its stomach from a nursing-bottle? I had always accepted it as an unquestioned fact until, in a recent number of the *Congregationalist*, in the Home Department, I noticed that the idea was ridiculed. Nurses and mothers might be relieved of considerable anxiety in this matter if it could be shown that "sucking wind" is only an "old woman's whim," as alleged by the writer of that article. ALICE.

NORTH DIGHTON, MASS.

There is nothing ridiculous in the supposition that a child may "suck wind" from a nursing-bottle improperly managed. Cases of air-swallowing by adults are cited in works on medicine. The celebrated French physiologist Magendie made extended researches on this point. He found that many persons had the power of swallowing air, and he learned to do it himself, but gave up the practice owing to the distress

caused him. "Wind-sucking" is a familiar enough vice in horses. There is, therefore, nothing ridiculous in supposing that a baby with good sucking power might swallow air. How far infants actually do so is another matter; the distinction between a colic from swallowing of air and one from gaseous indigestion can only be made after patient watching of the symptoms. The rule should be: Manage the bottle so that the baby cannot get air from it.

STAINED LITTLE FEET.

To the Editor of BABYHOOD :

Can BABYHOOD enlighten me as to the best method of washing babies' stockings—silk, cotton, or merino? I have black silk ones that annoy me by crocking in spite of the usual remedy (?) of salt and water. Any information on the subject, and how to wash delicate colors also, would be most welcome.

WORCESTER, MASS.

C. S. A.

The theory is that the best quality of colored silk stockings will not stain the feet. In effect nearly all do, in spite of "usual" preventives—salt and water, etc. Try dipping them, when clean, in beef's gall diluted with one-third water. If this is done to soiled articles the dirt will be set, and generally "faster" than the color.

SIXTEEN POUNDS AT SEVEN WEEKS.

To the Editor of BABYHOOD :

My baby-boy is seven weeks old exactly, and weighs sixteen pounds. Is his weight up to the average—above or below it? He is fed entirely from the breast; is rather short, very plump, and was when born, I should say, quite a medium-sized baby.

MOTHER OF SIX.

He is probably above the average. We say probably, because in private practice, if the baby is doing well, the physician's attention is not often called to him at seven weeks, and hence extensive and accurate statistics are not at hand. The weight of children in institutions is easily obtained, and so is that of sick children in private practice; but these are not to the point. But, judging from what observations we have, we think the child's weight—if it be real baby, and not clothing or blankets—above the average.

SHALL HE BE WEANED AT ONCE?

To the Editor of BABYHOOD :

The little boy will be one year old by the end of June. His mother, being unable to nurse him, tried to bring him up by the bottle. The baby did not thrive, and a wet-nurse was taken when he was

three months old. He has been very well since. His mother now tries to accustom him to artificial food, but Baby is entirely unwilling to take it, nor does it seem to agree with him. The child of the wet nurse is five weeks older than he. Would it be well for the baby to have him depend entirely upon breast-milk until after the heat of the summer, and have him weaned then? His nurse is a strong, healthy person. Will you suggest what may be best? and greatly oblige

AN ANXIOUS AUNT.

BROOKLYN, N. Y.

A very small part of the problem is stated in the question. The kind of artificial food tried is not stated. Apparently the attempt to continue the breast is to be made with the present wet-nurse. If so, there are many chances of failure. Her milk is not likely to be good both in quantity and quality. If her own child were to sicken in the hot weather she would probably go to it, and then feeding of her nursling would be compulsory. There are many other things which only a physician who examines the child and nurse can ascertain that have to be taken into consideration. On the slight statement of the case given we should suppose that the attempts to find a suitable food should be persisted in.

BEEF-TEA.

To the Editor of BABYHOOD :

Our baby-girl is a year old, and was weaned two months ago. At about six in the morning she gets milk diluted with one third of water. This quiets her, and, as we think, does not interfere with her bath at eight o'clock. During the day she eats with relish four meals of farina porridge, prepared according to a recipe in BABYHOOD. The little one is well and strong. Being anxious to keep her so, I would ask if you do not think it advisable to vary her diet, and to give her, perhaps, beef-soup once a day. Will you, if you think so, kindly state how to prepare it for the baby, and how much to give her? for which, as for any advice in regard to the diet of the yearling, you will have the sincere thanks of

AN ANXIOUS GRANDMOTHER.

BROOKLYN, N. Y.

You will find in another column a recipe for making beef-tea, or "bouillon," for delicate children. But your grandchild seems to be doing admirably under the present regimen. Why should you change it? The experiment of beginning to give a baby animal food in hot weather is, to say the least, of doubtful propriety. Take no liberty that can be avoided with her digestion at this trying season. Should she weary of farina, try some other of the "porridge family" described in "Nursery Cookery."

NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised. It is desirable that a rough sketch accompany such descriptions as may be illustrated.

THE FOLDING COMMODE is an article which especially commends itself at the season of the great hegira to the country. The several parts, excepting the table, are hinged together, and when open or folded are held in position by small hooks. The table is detached from the chair, but may be fastened to it by a very simple arrangement when desired, or packed within the chair when it is folded.

When ready for use the chair is of the usual size of children's nursery-chairs, but when folded it is only 19 inches long, 12 inches wide, and 2½ inches thick. It may thus be packed in a small trunk or readily carried in the hand. It has no complicated fastenings, and can be easily opened and folded. In walnut the price is \$3; in ash, \$2.50.

THE NURSERY HAMMOCK here shown will be a welcome addition to many a household. The mode of construction is very clearly exhibited in the illustration. The price is \$8.



DEFENCES AGAINST FLIES AND MOSQUITOES. —The few hints here given are very likely not new to all readers, but should they chance to result in an additional unbroken nap for a single diminutive member of BABYHOOD's family we feel sure that the space given to them will not be begrudged by those to whom they present no element of novelty. And until the advent of the final invention which shall exterminate the last surviving mosquito or fly, BABYHOOD will welcome to its pages every suggestion which may in any manner aid in liberating its wards from the molestations of these little winged busybodies.

The whole house can, at very moderate expense, be protected at every door and window. The cheapest article at first cost is, of course, ordinary mosquito-netting; but this soon becomes soiled and torn, and it is doubtless cheaper in the end to provide wire-gauze. The walnut frames made to order, while very desirable, are unnecessarily costly for a house making no pretensions to anything more than serviceable and comfortable furnishings. Home-made screens need not cost more than 25 to 40 cents each, as the wire-netting costs but a few cents per square foot; for the frames the best wood to purchase is what is known as "printers' furniture," consisting of perfectly true and smooth cherry strips, in 3-foot lengths, uniform width of ¾ inch, and thickness varying from ⅜ inch to 2 inches, procurable at from 2 to 5 cents apiece at any printers' warehouse.

THE TABLE-FILTER we here illustrate will be found very useful in many households, and will prove especially desirable during a summer sojourn in the country. It is made of white flint-glass, and consists of two vessels. Into the upper one a block of charcoal is securely fitted. The lower vessel, into which the water flows when filtered, is in the form of a decanter. A size holding two pints costs \$1.60;



one holding three pints, \$2.

A REVOLVING DESK-CHAIR is a novelty which any little child would be sure to enjoy. It is made in imitation of an office-chair, of yellow polished wood, and costs the trifling sum of 85 cents.

The baby is entitled, however, to special protection from such of the enemy as will, in spite of precautions, contrive to get into his sanctum. A piece of mosquito-netting thrown across the crib will not prove a very good guard, as his hands and feet, which do not entirely rest even in sleep, soon kick it off or draw it down into unhealthy and oppressive contact with the face. A canopy is an efficient defence. This can be easily and cheaply constructed at home in the following manner: Procure a child's hoop of medium size, and sew or tack around it a strip of mosquito-netting (white is the prettiest), measuring in width half the diameter of the hoop. Draw together by means of strong thread in the centre, and tack firmly to a small block of wood. Into the block screw a hook or ring. Now sew together as many widths of the netting as will serve to fall generously around the crib or cradle, allowing ample length so that the canopy may be raised high over Baby's head and give him plenty of air. Arrange these in even folds around the edge of the hoop, and suspend the whole by a cord attached to the hook or ring in the block. Instead of mosquito-netting bobbinet may be used, and decorations of ribbon-bows may be added.

For such mosquitoes as are accommodating enough to alight on the ceiling this simple method of capture can be recommended as absolutely certain, if deftly performed: Nail an ordinary tin shoe-blackening box, or its cover, on the end of a stick; pour in a few drops of kerosene, enough to make a film on the bottom. If this engine of destruction is carefully aimed under the foe and suddenly brought up against him, his efforts to fly will inevitably plunge him into the oil, from which escape is hopeless.



The number of songsters who can be immediately and for ever silenced by this means is only limited by the number assigning themselves to the required positions.

Various liquid applications for the hands and face are supposed to be more or less effectual in warding off the dreaded attacks, such as camphor, oil of pennyroyal, etc. Whether the remedy is worse than the disease will depend on individual taste.

GLASS SPOONS are a good thing in the nursery. Silver spoons are often discolored and corroded by use in cooking, or by certain medicines, the action of which, in the case of plated

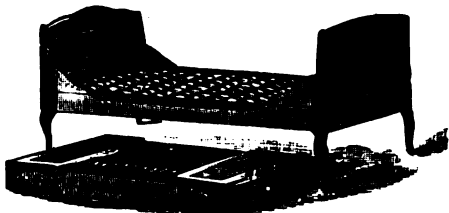
the patient. A glass spoon can be easily cleaned, and always looks pure and nice. Teaspoon sizes cost 25 cents apiece; table sizes, 40 cents.

A CHILD'S FOLDING SETTEE, the seat of wooden slats, with back and frame of iron, especially suited for garden use, can be purchased for \$1.

A GOOD FOLDING CRIB is desirable for those cramped for room. The "Comfort," which we illustrate, is automatic in its action and per-



fectly simple, folding over mattress and clothing, and standing, when closed, upon casters in the back of legs, so that it can be rolled under an



ordinary bedstead. Of course the bed-clothing should be properly aired before being folded out of sight. A good spring bottom is permanently attached, and when open the crib stands firm and solid. The size is 4 ft. 6 in. by 2 ft. 6 in., and it costs, in ash, \$9; in walnut, \$11. A double crib, 4 ft. 6 in. by 3 ft., may be had, in walnut only, for \$12.

THE "ECONOMY HAIR-CRIMPER" is a simple means of imparting a becoming wave to the smooth hair of those little ones who have not been endowed by nature with curling locks, and whose mothers feel bound—whether wisely or unwisely—to remedy the supposed defect. It consists of a piece of very pliant metal, covered with rubber, on which a small portion of the hair is rolled up, over which the ends of the crimper are then folded, holding it securely in place overnight, or for any requisite length of time. There are three sizes—1, 2, and 3—being respectively 2, 2½, and 3½ inches long, and they are sold at 15 and 20 cents per package.

THE NURSERY CATCH-ALL.

—Do not let a young baby drink ice-water or eat ices. To quench his thirst give a teaspoonful at a time of cool, not cold, water. Copious draughts even of this would chill his stomach below the temperature at which digestion is a normal process.

—Napkins which have been taken from the nursery wet should not be used again before they are washed. Many skin diseases have their origin in neglect of this precaution. The soap should also be thoroughly rinsed out of the cloths in the washing, otherwise they are almost sure to cause distressing chafing.

—Babies' food should be cooked in tin, earthenware, or porcelain vessels, never in copper or brass, on which verdigris (a deadly poison) will form in an hour's time, given the agencies of acid, heat, and atmospheric air. If tin saucepans are used, see that they are perfectly clean, and scalded just before the milk goes in. The seamless saucepans are best, also the seamless pans for holding milk. Porcelain-lined kettles should every day be carefully examined for cracks. Some are not safe when thus injured, the substance used to join the china to the outer metal casing containing poisonous ingredients. Earthenware, properly glazed, is subject to no such objection, but milk, porridge, etc., should be turned into another vessel as soon as it comes from the fire, and that in which it was cooked set to soak in warm water. When it is clean rinse with cold.

—Avoid green in choosing ribbons for Baby's sashes, caps, and dress-trimmings. The prettiest shades of this color are made up with ingredients which are distinctly arsenical. Watch him as closely as you may, the child is apt to get the end of the sash or cap-string in his mouth, in which case the stain on lips, tongue, and frock is the least hurtful consequence. Babies have been thrown into paroxysms of vomiting by chewing green ribbon, and more than one case of skin-poisoning has been caused by wearing hats or hoods tied under the chin with strings of

the same, the perspiration facilitating absorption of the poisonous dye. In the knowledge of these facts physicians object to green wall-papers in nurseries and in sleeping-rooms.

—Fond mothers and doting aunties ought to resist the temptation to hold the baby from hour to hour, waking or sleeping. In winter he is warmer, in summer cooler, if left to roll on the bed or a folded comfortable laid in a shallow box. When he is carried in the arms care must be observed not to hold him always on the same side. The practice of clumsy nurses of saddling one hip—usually the right—with the luckless infant is hurtful. The mother should see to it that the child is shifted from one arm to another, not only to equalize the development of the upper part of the body, but to prevent a stoppage of circulation in the lower extremities.

—Impress on the mind of the nurse, older sister, or whatever guardian may take Baby for his airing, never to halt for rest or gossip on a street-corner. There is a draught there on the hottest day. Wheel the perambulator into the shade in summer, in cold weather on the sunny lee side of a wall, before stopping.

—Be careful not to over-salt infants' food. Disregard of this rule forms the taste for high seasoning, and disrelish of whatever is to the vitiated palate insipid, whereas it is simply wholesome. Porridge over-sweetened and over-salted likewise creates thirst, and thirst fretfulness.

—Soothing-syrups should never be administered except in obedience to a medical prescription—and not always then unless you are sure the practitioner has given the case proper consideration.

—The failure to keep up the temperature of new-born infants is a frequent cause of death. What little natural heat they have must be husbanded jealously. Where the vital force is very low hot flannels and rubber bags filled with warm water help to maintain life until Nature can make her first "stand."



CRIBBINGS.

THE stupid son of a stupid father is a chip of the old blockhead.—*Independent*.

IT is a bachelor who always knows how a child should be brought up, but he forgets it after marriage.—*Exchange*.

"A BABE," says a writer, "is a mother's anchor." We have often heard that the first thing she does is to weigh it.—*Exchange*.

AS we allow our thoughts to wander back to our boyhood, we find that many a train of fond recollections has been wrecked by a switch.—*South and West*.

THE people of Philadelphia appear to be pretty well protected in one particular. The water of the Schuylkill River is too muddy to mix with the milk.—*Puck*.

A "SUBSCRIBER" writes a composition by an alleged "little boy," and says if it is published he will send another. That is why it was not published.—*New Orleans Picayune*.

SOME one says "no thoroughly occupied man was ever miserable." That man evidently didn't know what it is to attempt the feat of keeping twin babies quiet while their mother goes to church.—*Baptist Weekly*.

MISTRESS of the house (to the new nursery maid, whom she finds deeply absorbed in a dime novel): "Why, Annie, you can't read and mind baby at the same time!" "Begging your parding, mum, the child don't disturb me a bit."—*Christian Advocate*.

INQUISITIVE OFFSPRING (to fond father): "Papa, what is the meaning of 'Tra-la la la' in the song I am learning?" Fond father (perplexed for a moment, but recovering): "It means, my child, the same as 'fol-de-rol lol' in the other song you have already learned." Offspring silent, but not edified.—*Independent*.

FREDDY went to Sunday-school. He was in the infant class. One day his father said to him: "How is this, Freddy? You have been going to Sunday-school for some time, and have never yet brought home a good ticket. I am really ashamed of you." "Papa," said the little culprit, swelling up like a toad, "I'll bring home a good ticket next Sunday if—if I have to hook it!"—*Harper's Bazar*.

THE latest and best drawing-room recitation I have heard is as follows:

I.
Boy, gun;
Joy, fun;
II.
Gun bust,
Boy dust.

I say best, because it is short, and the finale is satisfactory.—*St. Stephen's (London) Review*.

A ROCHESTER boy on the cars coming to Troy the other day became hungry about eleven o'clock, and began an attack upon the bountiful lunch that had been prepared for him. A gentleman who sat behind him was moved to remark: "My boy, if you eat much now, you won't have any appetite for your dinner." To which the little fellow replied: "Well, I guess if I haven't any appetite I shan't want any dinner." The gentleman had no more to say.—*American Hebrew*.

THE venerable President of the New York Senate, Mr. McCarthy, took his little grandson to the Capitol one day. The little fellow was surprised to hear a clergyman say a prayer in the Senate Chamber. "I did not know you worked in a church, grandpa," said the child. "It is not a church," said the president. "The minister comes and prays so that we shall be started right." The child reflected. Possibly he had heard at home or elsewhere some criticisms upon senatorial behavior. At all events he presently said: "But some of 'em don't be started right, do they?"—*New York Evening Post*.

IN consideration of the fact that the new baby of the Japanese Minister has been named after President Cleveland, a correspondent sends us the following wish for his welfare:

"O tootsy-wootsy little Jap,
Now lying on your mammy's lap!
Delightful bit of black and tan,
When home you go across the sea,
Let's hope that you may live to be
The Grover Cleveland of Japan."
—*Boston Globe*.

A NOVEL wager was made in Middletown the other day between a well-known young lawyer of that place and a gentleman now engaged in business in New York. Both gentlemen are the fathers of boy-babies, of which they are very proud, and, the discussion happening to turn upon the youngsters, each father was emphatic in his assertions that his offspring was larger and in every way more promising than that of his friend. The outcome of the talk was an agreement that each should deposit one hundred dollars in the savings-bank, there to remain with principle and interest untouched until both the babies have attained the age of twenty-one years. On attaining their majority each of the babies is to be weighed, and the one tipping the scales at the greatest weight is to be entitled to draw all the money from the bank.—*Kingston Leader*.

"WHAT yer let dat chile suffer dat way fur?" asked a colored lady of a white woman for whom she worked.

"The child is teething, and nothing I give him seems to do him any good."

"O' cose he's cuttin' o' his teeth, but dat an't no cause why he should suffer dat way. Gwine ter lose dat chile, ef yer doan min'."

"Why, what am I to do?"

"What is yer to do? I 'clar ter goodness, de ignorence o' dese heah white pussons almos' stonishes de life outen me. Whut yer gwine ter do, de mischief? Why'n't yer git some rabbit-brains an' rub dat chile's gums wid it?"

"Aunt Sylvia, that's all foolishness."

"Look heah, now, yer doan know whut yer talkin' 'bout. Did yer eber notice dat none o' de nigger chillun dies wid teethin'? Wall, rabbit-brains is de cause. Ax any ole cullud pusson whut's got sense, an' da'll tell yer. No wonder de white folks is er dyin' off like sheep. How ken yer 'spect it ter be diffunt, when da doan take kere o' da selves? Oh! it's all right ter raise er big cry an' say dat it's all foolishness. Folks said it wuz all foolishness when Noah tole 'em dar wuz gwine ter be er flood, but de Lawd mighty soon showed 'em whut de matter wuz. Better git some rabbit brains an' rub dat chile's gums."—*Arkansaw Traveller*.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, AUGUST, 1886.

No. 9.

THAT baby is fortunate whose mother, knowing more of cooking than the cook, is capable of directing the service in a manner which insures its faithful performance; and still more fortunate is he whose mother is herself the cook. Especially in the case of infants depending upon a substitute for mother's milk, or of delicate children whose systems will at this season succumb to disease much more readily than in colder weather, any mother may well think twice before trusting to other hands than her own the preparation of her child's nourishment. The housewife who is both intelligent and skilful does not need to be reminded of the impossibility of teaching hirelings to perform any domestic task as well as she would do it herself. Patience and tolerance with shortcomings are learned as time goes on, or she is, to quote Mrs. Whitney's Emory Ann, "harried out of her life." She may, and she generally does, albeit with inward anguish, wink at cloudy glass and *fewtery* silver, turn away her sad eyes from beholding nicked china and dingy linen, rather than insist upon perfection in any or all of these particulars. But where the baby's food is concerned amiable blindness and Christian temporizing are not to be thought of. The kindest-hearted nurse ignores the slight "turn" of the milk intended for her charge, in the persuasion that it "can do him no manner of harm." She over-sweetens his porridge from very affection, and, if she is allowed to smuggle him into the kitchen at meal-times, feeds him with choice bits from her plate "to make his bones grow strong."

Especially are the unlearned averse to weights and measures. The mistress who, serene in the knowledge of her employee's devotion to the baby, remits her vigilant supervision of nursery cookery, is but too apt to become the victim of misplaced confidence.

It would seem very unnecessary to insist upon the need of paying attention to the directions of a physician, but in reality it is very common to meet with the most remarkable neglect of this point. We do not speak of those puerile persons who take the same delight in evading directions that school-boys do in outwitting the teacher, but of those who, through carelessness or misunderstanding, defeat the physician's purposes. For instance, it is very common to find that a certain remedy which, if taken as directed, would have been consumed in three days, is still not more than half gone at the end of the week, and then the patient complains of its inefficiency. It often happens that the physician's instructions are not correctly apprehended by the attendant, who may be really desirous of doing her duty, but is perhaps weary with watching or inexperienced in taking directions. It is, therefore, best—and especially where little children are concerned—to write down clearly the directions in detail, or, better yet, to have the physician do so, if he has time. Then, if several remedies have to be given, it is a great convenience to make a schedule of them, and the food, with the respective hours of administering each, and to check off each as it is given. This saves

the tired nurse's memory, and enables the physician to see at a glance what has happened since he called before. Any omission is easily noticed, and the reason can be inquired into. This little schedule, pinned to the baby's crib or in any convenient place, secures sometimes an otherwise unattainable precision on the part of the nurse, and the results are often proportionately gratifying.

The driver of a truck laden with fifteen hundredweight of oil-meal that "rattled along" over a baby-carriage in New York the other day was arrested. That will probably be the whole story of his punishment. He was in a hurry and the carriage was upset in the gutter. It held two children, one aged five, the other three. Both were seriously if not fatally injured. The incident is an object-lesson in reckless driving that is not needed by those familiar with the lordly rashness of the man who has heavier wheels under him than uphold the encompassing vehicles. The other side of the question, and the more practical, relates to the suicidal propensities of the rising generation and the stolid indifference of parents who allow their offspring to make playgrounds of public thoroughfares. The mother of the Hebrew law-giver laid his waterproof cradle in the flags on the river-brink. The modern Jochebed lets her babies wade out in more cruel waters, trusting to guardian angel and Jehu's skill to save them from mutilation and death. Children may be taught to dread crossing the streets and straying into gutters, as they are instructed to shun fire and deep waters. The officers of the law should be empowered to hold parents responsible for deliberate neglect of the safety of the irresponsible beings whose natural keepers they are.

Dr. Richard H. Derby, of this city, recently read a paper before the Academy of Medicine on "Contagious Ophthalmia in Asylums and Residential Schools," in which he presented facts that are very startling and seem to justify his statement "that any child inmate of our public institutions is

far more likely to lose his sight from the roads of contagious ophthalmia than to lose his life from scarlet fever, or any of the diseases which are subject to quarantine regulations by the Board of Health." In twenty-four institutions Dr. Derby examined 7,440 inmates. Of these he found "that 1,428, or 19.19 per cent., or nearly one out of every five, had communicable eye disease, which he was liable to transfer to his neighbor." The disease is communicable by means of a towel, by the water used in washing, and the air itself may bear the contagion. The degree in which the disease prevails varies very much. In two or three small asylums no cases existed. In some others less than two per cent. of the inmates were affected, while in others the percentage was much higher, the worst two having 45 and 49.4 per cent. affected. Good food and hygiene, care, and cleanliness keep the percentage down; neglect of these run it up. Many institutions are overcrowded, some unavoidably so, and in these the worst state of affairs exists. The proposed means of relief are the admission of no child already affected, the strict isolation and systematic treatment of all cases, with the same supervision by the Board of Health that is exercised in regard to other contagious diseases.

An exchange tells a touching story of a worthy deed done as a memorial of a dead child. The father's words, unstudied and full of feeling, best describe the motive and manner of the offering:

"I had a little boy, and I've lost him. He was all the world to me. When he was alive my wife used to search my pockets every night, and whatever loose change she found she would put away for the baby. Well, he's gone. Here is the box. We talked the matter over, and came to the conclusion we could not do better than to use the money to pay the fares of poor, sick children out of town during the summer. It would please him to know that he is helping to save the lives of other poor children. As soon as the box is empty we will fill it. While we live we will keep up the bank."

The box has been twice emptied and filled, and hundreds of sick or dying children have owed to this dead baby their one breath of fresh air this summer. To perpetuate the memory of the dear ones who have left us, by

doing good to the living in *their* names and for the sake of the love we bear them, is to plant their graves with flowers that never die. The naïve "It would please him to know that he is helping to save the lives of other children" is simple pathos, the more exquisite that it is unconscious. Herein is true faith and resignation. In the long-lying shadow of the little mound that covers "all the world" of the parents is blessing, and not blight.

Out of one hundred and seventy-five children in the New York Orphan Asylum, situated at the corner of Eleventh Avenue and Seventy-third Street, in this city, but *two* have died within the past year. The low percentage of mortality speaks volumes in praise of the sanitary conditions of the premises and the skill of those who are in charge of the institution. It is the more remarkable when we reflect that many of those admitted to the asylum are handicapped by hereditary ailments, and such as are the direct fruits of poverty and neglect. Dr. Sophia Jex-Blake, in her excellent manual on "The Care of Infants," notes as "a result on which the managers may certainly be congratulated" the "enormous" decrease of deaths in the Massachusetts Infant Asylum, under the arrangement that gave each infant, in addition to artificial feeding, a share in a wet-nurse, until "during 1883 they amounted to less than eleven per cent." Making allowances for the tender age of the inmates of the Massachusetts Asylum, there is still room for congratulating the managers of that in New York.

Occasionally a copy of BABYHOOD strays into the hands of a very young man. One of these, who happens to be an editor, has just said in his paper, at the close of a most eulogistic review:

"But though this wonderful magazine tells a thousand wonderful things, we have searched its successive issues in vain for a solution of the one vexed problem of our life—how to hold a cry-baby without his clothes all gathering up under his arms, and making us wish we had never been born."

We extend our sincere commiserations to this unfortunate parent in his great trial, but must confess that our heart goes out more toward the baby, three-fourths of whose cries would doubtless become crows were *his* personal comfort in the matter of clothes carefully studied by his holder. And we believe that if *pater* were to take the same view, putting himself in the baby's place, the scales would fall from his eyes, and he would immediately develop into as competent an expert in nursery tactics as he has shown himself to be in literary criticism.

A private letter from a subscriber in Hakodati, Japan, gives a glimpse of the Japanese baby in his own country:

"If to the mothers of this land such a magazine as BABYHOOD, modified to suit their needs, could be given, it would be an untold blessing. Not until the children are more rationally cared for can the men and women be strong. From the first hour of his birth every known law of health is violated in the care of the baby. He is fed at all hours, kept in an upright position, exposed to the sun with unprotected head; borne on his nurse's back, his attitude is strained and hurtful. I am about to try to hold mothers' meetings. My heart goes out toward the helpless, ill-treated little ones as it does not to the older people."

Could not a Japanese humanitarian pen the same criticism from many American nurseries?

The opinions of our city authorities, presented elsewhere, with regard to the best methods of facilitating the identification of lost children will be read with great interest. We shall be glad to receive suggestions from our readers concerning this subject.

In common fairness we give, on another page of this number, "John, Senior," for whom our correspondents have shown but little mercy, opportunity for self-defence. We make also room for a characteristic letter from Mark Twain to the *Christian Union*, in answer to the question raised in our columns, "What ought John, Senior, to have done"? which has been so extensively discussed in many papers.



FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

THE BABY THAT MUST STAY IN TOWN.

HOWEVER merry in seeming may be the mention of one's self as belonging to the "Can't-get-away Club," there is always a pathetic suggestion in it, even if the "member" be grown man or woman. When the unwritten register of the Club includes, it may be, six-score, or six thousand, or, as in threatened Nineveh, six score thousand persons that cannot discern between their right hand and their left hand, heartache and grave forebodings come with the knowledge that these things are and must needs be.

It may be that, as Dr. Holmes sets forth in "Elsie Venner," certain conditions of city life and breeding produce one of the finest types of healthy girlhood. But the rule holds firm that, as surely as plants which have thriven in the hot-house all winter sicken unless removed into the open air when summer is abroad upon the earth, young and growing human things are the healthier—"make better wood"—for a corresponding change of influences during the warm months.

My premise is not discouragement, but an incentive to make the best of the "must-be." A cruel necessity the tender mother considers it, but one which is altogether beyond her control, let the cause be illness, or straitened finances, or peculiar business entanglements on the part of the elders of the household, or any other of a dozen *contretemps* that make her, and consequently Baby, fixtures, while everybody else has fled as from a plague-infected region. This "everybody else," by

uses a less comprehensive term
first sight when one meets

at early morning and sunseting the hosts of tenanted perambulators and toddling weanlings that beautify and enliven our city parks.

The rule of faith and practice in the town-nursery which is not shut up and deserted during "solstitial summer's heat" is simple: Since Baby cannot go to the country, all of the country that is transportable must be brought to Baby.

To begin with the spaciousness which would be to him a greater charm than to you who are accustomed to gird yourself and walk whither you will—the liberty of range and romp: Throw open to him the whole interior of the home of which he has perhaps, up to date, known little beyond his nursery and your bed-room. Your fashionable and fortunate friends have shrouded furniture, pictures, and chandeliers in holland and tarlatan; taken down and packed away portières; rugs are rolled into corners, and beaten carpets are sewed up in sacking or covered with crash. If yours are show drawing-rooms, imitate the example thus far of these notable housekeepers. Clear decks and reef sails—that is, put by hot woollen floor-coverings that gather dust and foster the larvæ of moth and carpet-beetle. If you cannot afford to lay down cleanly and fragrant matting, leave the boards bare and keep them well swept and dusted. Curtains exclude the breeze and their folds protect insect-pests. Do away with them wherever they can be spared. If fly-doors and mosquito-bars are needed, let them be removed in the twice-renewed freshness of the day—the breathing-spell that lasts from dawn to breakfast-time, and from eight o'clock until eleven P.M. In these blessed seasons of re-

freshening invite all the air to enter and wander through your house that can be beguiled into wide windows. Take this time in the morning for airing beds and clothing, and beating out flies. Nettings and blinds will, when restored to their places, imprison all that is worth having in the average "dog-day."

In the territory made void by pushing back larger articles of furniture, and storing bric-à-brac in pantry and drawer, let Baby have leave to gambol while it is too hot for him to venture out-of-doors. Dress him lightly in a linen or print slip which cannot be injured by rolling and creeping on the floor. If he cannot walk, spread a comfortable on the boards or matting and surround him with his toys. The roominess, the cool shade of bowed shutters, the sense of change and lawlessness, will be a faint foretaste of future joys on orchard-turf beneath bending branches "fruited deep." I know of no better use to which two fair-sized parlors can be put, at a season when "nobody makes calls," than to be converted into a temporary nursery, at least during the day-time.

Should a big sister protest, or mamma not see her way clear to this violation of the proprieties, appropriate two upper chambers to our Baby, always choosing those in which he is not accustomed to stay. He wants change for the eye as much as diversion of mind. It would be well to give him a new sleeping-room also. Why salutary effects should follow such shifting of quarters, when all sides of a dwelling seem to be equally pleasant and healthful, is but one of hundreds of recondite agencies connected with sanitary science that are acknowledged without being understood.

Redouble, quadruple your care as to the quality of Baby's food, your watchfulness of the results of his diet, when you cannot give him country air and milk fresh from one cow. Get a lactometer and use it daily. No amount of pains and time is better bestowed than that spent in a successful attempt to secure a supply of pure, unwatered milk for a nursing. Watch continually for indications that his food distresses him or is not nourishing life and growth as it should, and be ready

with corrective or wholesome variety. Guard against over-feeding while his system is relaxed by heat, and letting him eat at all when he is in a profuse perspiration and tired out after exercise. Take him on your lap, loosen and shake his clothes, sponge his face, neck, and hands with cool—not cold—water, wipe them lightly with soft linen, and fan him gently, talking cheerfully to distract his attention from present discomfort, until the temperature of the body is natural. The stomach sympathizes with nervous excitement and exhaustion.

As soon as milk is brought into the house put it into a glass or glazed earthenware vessel, set it on the ice, *and keep it there*, taking cup or bottle to the refrigerator to be filled, instead of bringing the milk into a warm room. Should it relax the bowels too much, boil it, strain it through coarse muslin to get rid of the skin formed by cooking, and when cool put it on the ice. "Made foods," such as porridge, gruel, and the like, should be kept in the refrigerator until needed.

Put Baby to sleep in another room than that he occupies by day, and let the dormitory be dark and freshly aired when he is laid to rest. One gas-light, kept burning while you undress and bathe him, will exhaust the oxygen of a small chamber for the night. Regard him as—we will say for the sake of illustration—a clover-blossom, and grant him absolute quiet, coolness, and grateful gloom. Set his crib out of the draught, or interpose a screen between him and the open window, no matter how hot the night. Almost as many colds are contracted in summer as in winter, and nine-tenths of them from standing, sitting, or, worse than either, sleeping in the current flowing from one open door or window to another. It is always and everywhere dangerous. While it is hardly safe for Baby to sleep without a gauze flannel shirt, it should not be the one he has worn all day. The night-clothes must be dry, clean, and sweet, and as light as is consistent with safety. The small body loses weight and also strength in the dry, heavy nocturnal perspiration. Let machines of exquisitely-delicate ma

the balance of this is liable to be disturbed by extremes of heat and cold, and in the nice process of regulation you must be Nature's dutiful assistant.

However comfortable and contented you make your charge at home, consider all your successes but substitutional to the outdoor-life which the human plant should enjoy at this season. Now, if ever, Baby's "outings" ought to be the most imperative of domestic regulations. Let the nurse's breakfast precede yours, if she cannot else get him abroad before the sun has drunk up the scanty dew-fall vouchsafed to urban garden and parklet. If she cannot be spared at that hour, take her in-door tasks upon yourself rather than rob your child of what he can get in no other way. If—as is the case with a majority of the Club—you keep but one (nominal) serving-woman, and she cannot be prevailed upon to "lave her work all standin' in the flure to tend a babby in the mornin'," postpone the share of household toil that falls on your shoulders to a less convenient season, take an early breakfast, and, arrayed in lawn, percale, or modest gingham, brave public opinion by "tending" your darling in person. If he can totter along holding to your finger, the business is not formidable. There are usually parks or boulevards accessible in a short time by street-cars; perhaps one where the grass is not "forbidden" for six days in the week, where, seated at your ease on a bench, you may draw in renewal of strength, patience, and hope for yourself while watching the uncertain progress of the tiny feet over the sward, the delight in motion, fresh air, and freedom he shares with city sparrows and pigeons.

To wheel a perambulator is a genuine, I had almost said a crucial, test of your moral courage and innate ladyhood. If not superior to the prick of false pride, stimulate maternal devotion into heroism that shall tread it under foot.

There is a pretty little song, now out of fashion, beginning:

"Mrs. Lofty keeps her carriage;
So do I!"

that sets forth the difference between you,

trundling your jewel-casket along the sidewalk, and your purse-proud neighbor, bespattering you with mud from newly-watered streets as her chariot whirls by.

Mrs. Postlethwaite, who stays in town this summer in order that dear Oscar may get his affairs in train to go abroad with her in October, takes her pug for an airing at the same hour you choose for your Prince's constitutional. A beauty of a pug, of leonine hide, hyacinthine tail, nose like a sooty pot for blackness, and a vicious scowl between two red eyes. He does not deign to salute Baby, who crows out as the "beauty" trots by. Nor does his mistress see Baby's mother, who, if she be philosophical, will smile, not sigh, at the sight. Why not, when she knows that the extremest tip of Baby's pink finger is worth more than all the pugs imported into America since the foreign folly became one of our easily-excited "rages"?

Have a stated hour for Baby's return from the morning and afternoon expeditions. He must not be overheated in the one, nor chilled by the other. Mid-day nap and nightly slumbers will be more profound and health-giving for both.

NURSERY COOKERY.—NO. 9.

BARLEY-MILK.

THREE tablespoonfuls of pearl barley.
One cup of boiling water.
One cup of fresh milk.
A pinch of salt.

Pick the barley over carefully and soak it for two hours in just enough cold water to cover it. Add, without draining, to the salted boiling water, and cook, covered, an hour and a half. Strain through coarse muslin, pressing it hard; heat quickly to a boil; stir into the milk and sweeten slightly.

Barley-milk is easily digested and nutritious.

GOAT'S MILK.

This will often agree with children when cow's milk seriously deranges the stomach. It is most wholesome, and, to most tastes, most palatable when drunk directly after milking and while still warm. In some

cities and many country towns this may be obtained without difficulty. In France and Switzerland a "milk-cure" is found in nearly every village, and is liberally patronized by travelling Americans, who never think of suggesting the establishment of like resorts in their own land.

When given to infants who are not yet weaned, goat's milk should be diluted with one-fourth as much boiling water as there is milk.

PEPTONIZED MILK

Is not recommended as "bottle-food," but as a drink for delicate children who require a milk-diet, but cannot digest raw milk.

Have put up by a druggist a dozen papers, each containing six grains of pancreatic powder (*Extractum Pancreatis*) and twenty grains of bicarbonate of soda.

To prepare the milk, put one of these powders into a quart bottle (with a wide mouth); pour upon it half-a-cupful (a gill) of blood-warm water; shake until the powder is dissolved, then add two cups of fresh—if possible, new—milk. Cork the bottle loosely and set in warm water. The temperature should not much exceed 100° F., about as hot as can be comfortably borne by the back of the hand. If the temperature goes much higher the pancreatizing is arrested. Throw a cloth over all, and leave it for one hour, after which keep it on ice.

The milk, when peptonized, will be creamy in color and taste, and have a slightly peculiar flavor, not unlike goat's milk. Those who drink it soon become fond of it.

This is not a physician's prescription, but the recipe of a house-mother who has tried it acceptably in her own family.

GROUND-RICE PORRIDGE.

One cup of boiling milk.

One full tablespoonful of ground rice.
Four tablespoonfuls of cold water.
A pinch of salt.

Wet the flour into paste with cold water, salt very lightly, and stir into the boiling milk. Cook in a farina-kettle for fifteen minutes, stirring all the while. Sweeten slightly. This furnishes an excellent change of diet when farina or corn-starch proves too laxative.

LIME-WATER IN MILK.

It frequently happens in warm weather that the mother sees indications of sour stomach in her infant, showing that the milk becomes acid almost as soon as it is swallowed. A simple and usually effectual corrective is to add a teaspoonful of lime-water to each bottleful of milk-and-water given at his tri-daily meals. Physicians sometimes advise this when an eruption resembling prickly heat appears on the infant's face and hands, betokening disordered digestion.

FROTHED PORRIDGE.

Two cups of boiling milk.
Two tablespoonfuls of arrowroot, corn-starch, or "new process" flour.
Four tablespoonfuls of cold water.
White of an egg, beaten stiff.

Wet the arrowroot or flour with cold water, stir into the milk, and cook for half-an-hour in a farina-kettle after the water in the outer vessel begins to boil hard. Stir often. Take from the fire, stir in lightly and swiftly the whipped white of egg, sweeten slightly, and serve as soon as it is cool enough to be eaten with comfort.

Do not neglect the precaution of dropping into boiling milk, at this season, a tiny bit of soda not larger than a green pea.





PRICKLY HEAT.

BY GEORGE H. ROHÉ, M.D.,

Professor of Hygiene and Clinical Dermatology, College of Physicians and Surgeons, Baltimore.

THE multitude of minute depressions in the skin which can be observed on close examination, and which are commonly called *pores*, are the orifices of the sweat-glands. The total number of these little glands, whose function is to secrete the sweat or perspiration, is estimated at between two and three millions for each adult. Under ordinary circumstances the average quantity of sweat secreted in twenty-four hours by a healthy adult is about twelve ounces. This, however, is materially modified by varying conditions of external temperature, character and amount of food and drink, dress, emotional conditions, or the swallowing of certain medicines. The exact quantity of fluids and other matter discharged daily in the sweat can, therefore, not be definitely stated.

Ordinarily this secretion takes place without producing any discomfort, but when it is excessive it often gives rise to a most aggravating and troublesome disease of the skin. At the present season of the year this complaint, the "prickly heat," or simply "the heat," as mothers are in the habit of calling it, claims a large number of sufferers among young children.

The characteristic features of prickly heat are so familiar to the readers of *BABYHOOD* as to make any extended description unnecessary. It occurs in the form of small, bright-red pimples, rarely larger than a pin-head in size, thickly scattered over the surface of the body, and accompanied by a most distressing sense of tingling, burning, and itching. Often the small red pimples are

droplet of a colorless or pearly fluid. The eruption may appear anywhere upon the skin except the palms of the hands and soles of the feet, where it is rarely or never seen. It is nearly always limited to those portions of the body covered by the clothing. In plump, well-fed babies it is also often seen in the folds of the skin at the front of the neck.

These little red elevations indicate the mouths of the sweat-glands, which are irritated and inflamed in consequence of excessive activity. This is generally due to high temperature and unsuitable clothing. The excessive use of hot drinks, confinement in close, ill-ventilated apartments, lack of attention to proper cleanliness of the skin, improper dosing with "soothing-syrups" or other medicines containing opiates or similar drugs which have an irritating action upon the skin, may give rise to or intensify this disease. Disturbances of digestion are also believed by many physicians to be effective in its causation.

The distress caused by the eruption leads the little sufferer to seek relief by rubbing and scratching the affected surface. The ease obtained in this way is only temporary, however, and in a short time the itching and burning return with greater intensity, the scratching is repeated, and, if no relief is given by medical means or a cessation of the cause, an inflammation of the skin proper, an eczema, may be produced, which will often persist a long time and prove very resistant to treatment.

I may be permitted to digress here for a moment to call attention to the frequency with which this very obstinate and trouble-

some skin disease, eczema, is the result of neglect of very trivial ailments. An outbreak of prickly heat, or nettle-rash, or a simple chafe, if neglected or improperly treated, is often followed by an eczema lasting months or years—nay, which not infrequently attends the individual throughout life. Dermatologists see cases almost daily in which the ounce of prevention, properly applied, would have far outweighed many pounds of cure.

The use of flannel next to the skin, especially during hot weather, is the principal avoidable cause of prickly heat. Children should not be compelled to wear thick flannel in the summer-time, and flannel clothing ought at no time to be worn directly in contact with the skin. It is very often irritating to a tender skin even in adults, it does not readily allow the escape of the heat from the body, and it retains the perspiratory secretion, which is itself often a source of irritation.

Prickly heat is often greatly intensified by improper methods of treatment. Hot drinks or other sudorific remedies internally, and irritant local applications, nearly always make the disease much worse.

An eruption very similar in appearance to prickly heat sometimes affects children when teething, or when suffering from an attack of acute indigestion or similar complaint. This is a fine nettle-rash. It is not limited to the parts covered by clothing, and not rarely attacks the palms of the hands and soles of the feet. The itching is usually more intense than in prickly heat. The eruption appears and passes away suddenly, and may often be made to disappear by an emetic or brisk purge.

It is a popular fallacy that the eruption of prickly heat is salutary, and that no effort should be made to cure it for fear of "driving it in" and causing some other serious disease. There is no need to fear any ill-consequences from a rapid cure of the complaint. The danger is rather, as above pointed out, that if neglected it will develop into another and much more obstinate disease.

Prickly heat need rarely cause much diffi-

culty in treatment. The following measures will usually succeed in promptly relieving the intense irritation and restoring the normal condition of the skin.

The child should be dressed lightly, all flannels and impervious articles of clothing being removed. It should be bathed in cool—not very cold—water often enough to remove the irritant perspiratory secretion. Three to four baths in the course of the day will be amply sufficient for this purpose. After the bath the skin must be thoroughly dried with soft napkins, carefully avoiding all harsh rubbing. It should then be dusted with a simple dusting-powder, of which starch is probably the best. Lycopodium (yellow infant-powder) may be used, but it has no advantage over starch. This should, however, be perfectly smooth and contain no gritty particles. Powders containing sulphur or other irritants should be avoided. If the itching is excessive, lotions containing one teaspoonful of bicarbonate of soda (baking-soda) to the pint of water may be applied with a soft sponge and allowed to dry on the skin. Ointments must not be used, as they nearly always aggravate the complaint.

If the eruption covers the entire surface alkaline baths containing two to four ounces of carbonate of soda (washing-soda) to the bath, or bran baths, may be employed, and will rarely fail to give at least temporary relief from the excessive itching. A bran bath is prepared by enclosing from five to six pounds of bran in a thin muslin bag and steeping it in the bath for fifteen to twenty minutes before using the bath. The bag should be occasionally kneaded and squeezed in order to diffuse the mucilaginous contents throughout the water. Gelatine and starch baths, containing one to two pounds of gelatine or one pound of starch to the bath, are also often valuable aids in the treatment. After each bath the skin should be carefully dried without friction and dusted with starch, as above directed.

It will be well to place the child on light diet for a few days, and if the tongue is coated, or there are other evidences of digestive derangement, a gentle laxative may be given

One-half-a-teaspoonful to two teaspoonfuls of castor-oil will generally give most satisfaction. When there are objections to this medicine, calcined magnesia in the dose of one-half to one teaspoonful is an effective substitute.

The child should be kept in the open air, avoiding direct exposure to the sun as much as possible. If it can be taken to a park every day, or to the country, or on a trip by

water, the eruption will generally rapidly disappear.

The measures to be adopted for preventing the complaint are sufficiently indicated in the foregoing remarks on causation and treatment. Should the disease not yield readily to the above methods of treatment, the family physician should be consulted and his directions conscientiously obeyed.

A FEW WORDS ABOUT HYDROPHOBIA.

THE death from hydrophobia of a five-year-old boy in Newark, N. J., has sent a thrill of dread to the hearts of a thousand mothers. The little fellow was bitten by a dog in the street last April. The wound was not severe and healed readily. Near the end of the third week in June the child complained that the scar itched, within twenty-four hours he was attacked with convulsions, and in two days he died in all the horrors of hydrophobia.

Without dwelling on the harrowing particulars, we may let the readers of *BABYHOOD* ponder the facts of the case and fix in their memories certain valuable practical hints to be gleaned from it.

In the first place, comfort may be drawn from the recollection that, despite the sensational accounts of the newspapers, hydrophobia is of extremely rare occurrence. In this great city of more than a million and a quarter of inhabitants, frequently a year passes without a death from hydrophobia, and the yearly average is less than three. Dog-bites are frequent enough; hence when a child is bitten by a dog the chances are many hundred to one that the bite is not infectious. Moreover, of bites of animals known to be rabid, not all are followed by hydrophobia, and if the teeth pass through clothing the chance of infection is much lessened. Furthermore, it is established that the prompt treatment of the wound very much diminishes the danger. But no risks

should be taken that can be avoided. Hence nurses should receive positive orders never to allow their charges to pat or play with strange dogs or cats in the streets or in their country walks. "A stray" is always—and justly—a suspicious character. At least, let examination be made by those who are old enough to observe the temper of the wanderer and defend themselves from sudden attack. Children should be cautioned, by the time they can run alone, not to meddle with the pretty dog lying on the sidewalk, or to chase the "cunning pussy" that steals furtively past in the shadow of the fence. They may admire the one and pity the other, and forbear to touch either.

Without banishing the four-footed favorites of the household, and, by the sentence, doing violence to the sensibilities of parents and children, the pets should be watched and inspected daily; and should they show symptoms of any disorder whatsoever, if these be nothing more serious than disinclination to eat or unusual surliness of behavior, let them be quarantined instantly and put under strict scrutiny.

If a bite has been inflicted, the mother or attendant must not yield to reasonless alarm. There is always the extreme likelihood that the animal was merely vicious and not rabid. In any case it is not safe to take odds in the emergency. Excite the wound to bleed freely, washing away the blood in warm water. If there is little flow from the wound, increase it

by the use of warm (not hot) water, soaking and sponging it with the water, which must be thrown away and often renewed. Do this until the arrival of a physician, if one can be procured in a few minutes. If not, and there is no drug-store near where you can have the wound cauterized with caustic potash, wash it out with salt and water when it ceases to bleed. More heroic treatment, such as searing the wound with red-hot iron, must be left to competent hands.

If the dog has been captured, and is not yet actually mad, confine him until he ex-

hibits unequivocal signs of rabies, or, failing these, until a week or two have passed. The vulgar superstition that ordains the instant death of the animal, lest the person bitten should go mad when the dog does, is as foolish as that which prescribes the application of a tuft of his hair to the abraded flesh. The extreme measure puts beyond reach the possible relief from agonizing suspense and apprehension which would attend upon the discovery that the animal was not the victim of rabies, but moved to snap at the child by passing anger or crossness.



NURSERY LITERATURE.

IT is now twelve years since the school committee of the town of Quincy, Massachusetts, having discovered that it was possible for children to go through the prescribed course in the grammar-schools of the town without being able to write a common letter, or read a page of a newspaper without stammering and bungling, employed Colonel Parker as superintendent of schools. The children soon began to feel and show the benefit of his wise system of supervision, and before long he became one of the recognized educational forces of the country. He is now at the head of the Cook County Normal School, Chicago, but the tree which he planted in Quincy took firm root and is still growing and flourishing. Miss L. E. Patridge, who published a little volume from his talks on teaching in the summer school at Martha's Vineyard, has now reported a series of typical lessons from the lips of the teachers in the Quincy schools under the title of "The Quincy Methods," published by E. L. Kellogg & Co., New York.

These lessons may be of great use to mothers. The Quincy Methods carry on physical, men-

tal, and moral training at the same time. The child is taught good habits, for habit is important. "Every time he commits a wrong act he is in training for worse things. On the other hand, every time the teacher, by *keeping him out of temptation or making good attractive*, has led him to do right he has gained that much of moral stamina." He is encouraged to work without the teacher's assistance, and led to conquer fits of temper and perverseness by "being disciplined into that submission which by and by will be transferred from the teacher to that Higher Power which rules his life." When the children are not receiving direct instruction from the teacher they are occupied in what is called "Busy-Work." This means any quiet work which the child likes to do—sorting colored paper or leaves, making designs with kindergarten material, shoe-pegs or toothpicks, looking at pictures, drawing, building, stringing beads, etc. No occupation is kept up more than ten minutes at a time, in order that the children may be always alert and attentive. It is easy for a thoughtful mother, under the stimulus of a

book like this, to begin the training of her children in language, number, form, and color; easy, too, for her to teach them how to use their voices pleasantly and distinctly. The Quincy children are taught to read print and script from words and sentences before they know the names of letters, and in consequence they read in sweet, well-modulated voices, with as natural expression as if they were talking. Every mother can repeat verses, line by line, until the child unconsciously imitates her tone and expression. A boy or girl whose voice is trained at home is in little danger of reading in a flat or nasal or sirg-song tone in later years.

A mother can make use of the suggestions on teaching dimension to little children with a box of colored sticks. The teacher lets the class measure them by one which she tells them is exactly an inch long. She next allows each one to choose a color from a box of longer sticks, to measure them by the first ones, then to measure paper and mark off the inches upon it, to choose yarn of the same colors as their sticks, to play that they are buying four inches and to measure it.

The first plant lesson lets the children put seeds, acorns, beans, and horse-chestnuts into a box of earth. In a later series of lessons the children watch beans in a glass of water, and write a little diary of their growth. They notice the seed-leaves, the root, and the beginning of the stem, and afterwards the leaf and its veins. The first idea of geography is given to them by letting them model sand-hills, which are washed away by a cup of water poured upon them. The children are then told to look at real hills, and the next day to model some like them in the sand. When a snow-storm comes they are made to tell in their own words the difference between snow and rain. They learn to observe animals, to have ideas of points of the compass, and later to read and write by an excellent system. Every lesson, on whatever subject, is made useful in training the children to express their thoughts, in words or writing, exactly and correctly.

A writer in the "Contributors' Club" of the *Atlantic Monthly* for June speaks of the problems which haunt the minds of young children, and quotes Dr. Holmes on the universal instinct of childhood "to make a *cache* and bury in it beliefs, doubts, dreams, hopes, and terrors." He also speaks of the strange ways in which children misunderstand things which are apparently

perfectly plain and easy. "One among the many *bizarre* beliefs that my childhood hugged in secret," he says, "owed its birth to a doggerel rhyme which a young uncle of mine used to sing for my delectation. . . . These are the words :

" ' Folks, won't you go, folks, won't you go,
To see the monkey-show ?
The Bengal tiger will be there,
The white, also the Polar, bear.' "

What manner of animal was the White Also ? . . . The diligence with which I pursued that apocryphal beast might have sufficed, had I practised the same in later years, to master the sciences. Doubtless the books I ransacked—for I kept up the search long after I had learned to read—and the menageries I studiously visited did add an appreciable amount to my fund of information ; but of all the knowledge of natural history and kindred subjects gained at that time, nothing stands forth so vividly in my mind's eye as the zoological phantom that for ever eluded my quest—the great White Also, the desire of my childish vision, which came at last to represent to me the type of the unattainable. . . . Is there no specific term among philosophers for these *idola juventutis* ? "

" W. T. H. " sends to a recent number of *Science* a note on the mental capacity of his child. On the day when she was fifteen months old she could speak only half-a-dozen words. Her father, in order to test her ability to understand language, sat down with pencil, paper, and witnesses, and gave the child in an hour sixty-one commands, including thirty-one verbs and fifty-one nouns and pronouns. The child obeyed all these commands with absolute precision. They were like, " Kiss your hand," " Make a bow," " Blow out the candle," etc., and the words must have been acquired by observation.

Real child-poetry—that is, poetry which expresses the thoughts and feelings of children—is rare. Much has been written about them, but little which might have been said by them. There has been no poetry since Christina Rossetti's " Sing-Song " so child-like as Mr. Robert Louis Stevenson's " Child's Garden of Verses " (published by the Scribners), a little book of verses which really seem the outcome of a child's mind, and will be enjoyed by young and old alike.



BABY'S WARDROBE.

FASHION in dress for children seems a matter which should receive but little attention for these hot days, except, perhaps, the "dresses in which to do nothing at all." The clothing which shall render the "rising generation" the most free and comfortable is now in foremost consideration; and beginning with a very important feature of it—underwear—a faithful mother of our acquaintance, who is always studying out some new comfort for her baby-boy, has made the discovery that what in the matter of light woollen vests for herself was found to be the most comfortable wear these torrid August days proved the most grateful to her child, with its delicate and sensitive skin. Finding that her usual flannel vests, though of "summer" quality, were oppressive and really debilitating, she had made a number of "jersey" vests of a zephyr woollen fabric as sheer and beautiful in quality and appearance as nuns' veiling, yet firm and durable. These proving so agreeable on sultry days, she tried a tiny one upon the boy, who had worried and fretted unusually. Quiet and good humor followed; and she ascribes the continued good effects to the change she thus made. She judges by *experience* that the little fellow feels the better for it. The baby's shirts fit his wee, chubby form just easily, and are made pretty by a simple briar-stitching in white silk, which holds the narrow hems. Whenever a "cool wave" sweeps over the country an exchange is quickly made for the heavier flannel shirt.

MIDSUMMER STYLES.

A tour through the extensive children's suit department at James McCreery & Co.'s establishment on Broadway revealed costumes for the little folk which it was a genuine pleasure to examine. Fabrics of every description, from cotton to silk, were all made up into such very attractive styles that each little dress brought to view seemed prettier than the last. The Gretchen peasant, Greenaway, Polish, French, Russian, and other national styles of dress were brought out in midsummer fabrics in a manner

to delight the eye of every mother; for not only were the costly and elaborate suits made attractive and quaint, but the simplest dresses shown were artistic in design. The English one-piece dresses for morning wear were modified by pretty Breton fronts, made of simple bands of embroidery alternating with plain ones of the goods. When of wash-fabrics, rows of colored insertion were made to look very *chic*, with alternate clusters of rows of narrow tucks, these running straight from the throat to a little below the waist-line. The skirts were finished simply with a broad hem and five tucks above.

A "GAMP" DRESS.

We give here an illustration of a cunning little "Gamp" dress made of French chambéry of a delicate pink. This 'cute little dress is one of the popular fancies for the little women, and the model at the above establishment is variously developed in goods both costly and inexpensive. The *guimpe* in this instance is made of fine white Nainsook, and is tucked uniformly for the front and back. Side and shoulder seams shape the *guimpe* gracefully, which buttons down the back. The waist portion, made of the pink goods, has short shoulder-seams, the back being slightly low in the neck, and the fronts opening widely over the *guimpe*, are held down by straps of the material. Side-gores and a centre seam adjust the waist smoothly, and to the lower edges of it is joined the pretty skirt. Most varieties of seasonable goods would be prettily made up after this model. But little



extraneous trimmings are required, though both colored embroideries and Irish point laces and nets are frequently used. Colored embroideries are obtainable in all the popular shades of chambéry, Alsace cambrics, lawns, and plain, solid gingham, and the tintings of these are warranted as "fast colors" as the fabrics they decorate.

Notwithstanding the time of year, vivid cardinals and dark Venetian reds are in high vogue for little girls. Dresses of this brilliant color are made mostly of either cashmere, serge, or French calico in monochrome. Suits of the last fabric are finished with a yoke or *guimpe* and sleeves of red and white "all-over" embroidery.

"BEST" DRESSES.

Foulards in fine patterns are very much used this season for dainty best dresses, and the cream-white, fawn, and other neutral grounds to these are sprinkled with tiny buds and flowers of pink, blue, scarlet, and the like. These have full skirts, trimmed with three rows of very narrow velvet ribbon, and then kilted. The bodices have rounding, low necks, with tiny puffs for sleeves, worn over *guimpes* made of Swiss insertion and tucks alternating. Bows of velvet ribbon, matched to the color of the flower which brocades the dress fabric, are placed upon the shoulders, and a sash of the foulard, bordered with rows of the narrower velvet, fastens at the sides and ties behind. The old-fashioned challis goods are also very popular for more general wear, and are especially adapted to the seashore. Cream challis is made up very prettily into Fédora blouses and skirts, with silk yokes, sashes, and bows. Cream dotted with pink is a favorite combination, with pink accessories. One of the models much employed in the formation of dresses for boys and girls of from two to five years consists of a costume having a French back and a box-plaited skirt. The front is in one length, with three box-plaits folded in it, the closing being made through the middle one from the throat to below the waist-line; and upon the sides, where the skirt is plain, are sewed large ornamental laps, their tops being concealed by a narrow sash which ties in a bow at the back. The laps, the ends of the ties, and the sleeves and turn-over collar are to be trimmed with embroidery, braids or braiding, contrasting bands, etc. When the pattern is used for boys a leather belt usually takes the place of the sash.

EMBROIDERIES.

The elegant white Hamburg embroideries and

flouncings are brought out this season at prices so low that they are placed within the reach of people of moderate means. If white is really the most charming and appropriate dress for little children—and many mothers never dress their children in anything else, summer or winter—it is only the *dainty* children who are to be kept so delicately attired. If a child is to be restricted, and a close watch set over him for fear he may rumple or soil his pretty white dress, better by far save his temper, and also his white dresses for special wear, and robe him in flannel or serge, and let him go free and untrammelled.

WHITE DRESSES.

At McCreery's the array of lovely white dresses was certainly tempting. One of the most effective little costumes there displayed is here given, which, while being dressy and rich in appearance, is simply made, and would be easily "done up." A feature of the pretty costume is its short-waisted effect—a popular fancy for the children this year. The dress is made of white French muslin and tinsel, with fine Swiss embroideries. Following the fashion adopted for grown people, many of the white costumes for little folks are also made of white zephyr woollens.



BOY'S MOUNTAIN SUIT.

A lady who takes her two little boys up in the mountains every summer has just completed two extra suits for their special wear, which she calls their "gipsy clothes." They are made with a view to a free "outing." A loose blouse and knee-pants are made of summer Scotch cheviot, light, cool, and unlined, but "strong as iron" and just the thing for hard knocks. All the edges are finished with a heavy binding, and everywhere are pockets for the "strings and things" which are so needful and so precious to boys. Broad-brimmed hats of cream-colored duck are *en suite*.

FRENCH SHIRTINGS.

Very pretty little French shirtings are sold for the use of little boys who abandon woollen blouses and jackets in warm weather and wear only skirts or trousers buttoned to the linen shirt-waist. Delicate little floral and geometrical designs are scattered over the grounds of soft-finished Alsace goods, but grotesque designs seem to be preferred. Animals' heads, boys on bicycles, lozenge figures, notes of music, birds, fishes, and even designs of children playing tennis, are brought out. These are printed so finely as not to be conspicuous, and are an infinite source of enjoyment to the proud wearers.

A POPULAR WAIST MODEL.

We finish with an illustration of a waist model which is much used this season at leading houses where children's clothes are made and imported.



It has various titles, as the Gretchen, the Gamp, the Breton, and the French open bodice, and in many cases the sleeves are made long. Upon some of the waists made thus the "V" opening is laced across the front with silk or cotton cords.

SUN-HATS.

Patterns are issued of pretty sun hats and bonnets for little girls, to be made of repped piqué, linen, chambré, Marseilles, or gingham. Piqué or Marseilles is first choice, as hats of these fabrics need no lining, and hold the starch, when laundered, better than other goods. One model for a hat shows the brim and crown complete in one piece, the brim gradually decreasing in width toward the back, where its ends lap flatly one upon the other and fasten. The crown edge is scalloped, with button-holes set here and there in the scallops. When fastened to the buttons, sewed to a band which goes

round the crown of the foundation, a fluted effect is produced front and back, while the sides are plain. Hemmed ties of white lawn fasten under the chin, giving the hat a cunning "poke" effect about the face.

MODES OF EDGING FLANNEL SKIRTS.

NUMBERS 1 and 2 show the method of filling scallops on flannel to give the peculiar smoothness and roundness that is seen on imported embroideries. In both cases the outline is run



No. 1.

first with soft flourishing cotton, and the scallop in No. 1 is covered with closely-set running stitches. The scallops in No. 2 are filled with stitches crossed on the right side, so that very

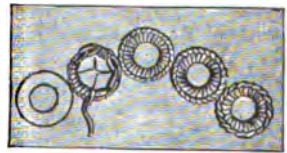


No. 2.

little cotton shows at the back. The button-holing may be done with silk, or linen floss, and for night-petticoats or little "barrow-coats," zephyr wool may be used.

No. 3 is a beautiful edge that can be added below an embroidered pattern on a flannel skirt,

or used alone as a finish to skirt or blanket. The design is a succession of eyelets which can be drawn in a straight line or



No. 3.

made to follow the outline of a large, deep or shallow scallop. Two rows of running around each eyelet will be filling enough for the narrow button-holing, which should be firm and even, like a cord. Silk is the only thing with which these eyelets can be worked to give the right effect. Each eyelet must be cut across transversely after the outlines are run, and the little points of cloth should be turned in on the wrong side and caught down with the button-hole stitches.

H.

DRESS NOTES.

—It is a cruel mistake to scallop the edges of an infant's flannel band, as many very tasteful people do, not realizing that the cord-like line of embroidery inflicts a torturing pressure upon the baby's tender skin. A narrow hem turned down once on the right side, and held down by a catstitching done with white silk or linen floss, is the only proper finish for a band.

—It seems foolish to cover a baby's hands when the weather is warm enough to make it unnecessary, but among the imported articles of use or luxury intended to supplement an infant's wardrobe are tiny fingerless silk mitts in white and delicate shades.

—A gift that the baby's mother will appreciate is a little case containing two solid silver safety-pins. Such pins neither rust nor bend like the ordinary metal ones.

—At one of the largest children's outfitting establishments in Paris the superintendent lately explained to a friend of the writer that after the first year boy's dresses were made with plaits, while girl-babies wore dresses gathered in the same style as those which they wore during their first months of life.

—A serviceable summer afghan for the baby's carriage is a positive necessity, and if the nurse-maid is careless it is advisable to get one that will wash. As few textile fabrics will stand a vigorous application of soap and water without detriment, lace should be the material chosen.

Oriental lace will wash well if carefully treated, and a very pretty afghan may be made of a square of this lace bordered with a narrow ruffle of the same. Select a heavy pattern, and line with surah or silesia, adding a ribbon bow at one corner.

—Cluny and antique laces "do up" better than any, and are to be recommended for their durability. Pretty afghans may be made of parallel strips of inserting, put together with strips of satin ribbon the same width. The whole is bordered with edging five or six inches wide and laid on a lining the same color as the ribbon. A tidy may be taken for the centre of an afghan, and lace and ribbon put in rows about it to enlarge the square.

—Common light afghans may be made of swiss, covered with dots as large as a three-cent piece, some of which are worked around in daisy-stitch, using the dot as the centre. Bright orange French knots cover the dot, and the petals are worked in white. Another pretty afghan may be made of cream-colored scrim with a floral pattern in the centre done with garnet silk in outline work. The edge will be trimmed with lace headed by an inch-wide garnet ribbon, or the lace may be used alone. The material known as tennis flannel, which is a half-cotton, twilled, cream-white goods, makes an excellent afghan if doubled, edged with Cluny lace, and ornamented with a generous ribbon bow in the centre. All but the bow may be washed with impunity.

THE MOTHERS' PARLIAMENT.

TALKING ABOUT BABY.

To the Editor of BABYHOOD:

Some one has said that when ladies were together they could only talk about the three *a's*—dress, domestics, and diseases; but to this I would add a *c*—children. Do you not know women who are unmitigated bores simply because they can't or won't talk about anything else, who expect that every one is going to feel an equal interest with them in Baby's bumped head and Jack's first trousers?

We all enjoy talking about our own children;

out of the abundance of the heart the mouth must speak, and when one is so absorbed with anything it is hard not to talk about it. But, dear mothers, do resist the impulse. When you are asked how Baby is, don't say: "Yesterday he seemed to have a bad cold, and I was afraid he was going to be sick. He sneezed twelve times, so I took him to the doctor's and he gave me some medicine, and to-day he seems very well." Would not just the last two words have been sufficient, unless you were talking to the baby's grandmother or aunt, to whom he is as important a personage as he is in your eyes?

When a number of young mothers are together, it is often both pleasant and profitable to compare experiences ; but, as a general rule, banish the darling as a subject of conversation. If you begin, when he is little, describing how he slept and how he ate, by the time he can talk you will not be able to resist the temptation of repeating his smart speeches ; and though your friends may regard this as an amiable weakness, yet be sure that they will consider it a very tiresome one, and they will be a great deal more fond of you and your children if you do not weary them by constant descriptions of remarkable traits.

FLORA M. WRIGHT.

DETROIT, MICH.

[Reprinted from the *Christian Union*.]

“WHAT OUGHT HE TO HAVE DONE?”

MARK TWAIN'S OPINION.

Editor Christian Union :

I HAVE just finished reading the admirably told tale entitled “What Ought He to have Done?” in your No. 24, and I wish to take a chance at that question myself before I cool off. What a happy literary gift that mother has !—and yet, with all her brains, she manifestly thinks there is a difficult conundrum concealed in that question of hers. It makes a body's blood boil to read her story !

I am a fortunate person, who has been for thirteen years accustomed, daily and hourly, to the charming companionship of thoroughly well-behaved, well-trained, well-governed children. Never mind about taking my word ; ask Mrs. Harriet Beecher Stowe, or Charles Dudley Warner, or any other near neighbor of mine, if this is not the exact and unexaggerated truth. Very well, then, I am quite competent to answer that question of “What ought he to have done?” and I will proceed to do it by stating what he *would* have done, and what would have followed, if “John Senior” had been me, and his wife had been my wife, and the cub our mutual property. To wit :

When John Junior “entered the library, marched audaciously up to the desk, snatched an open letter from under his father's busy fingers, threw it upon the floor,” and struck the ill-mannered attitude described in the succeeding paragraph, his mother would have been a good deal surprised, and also grieved : surprised that her patient training of her child to never insult any one—even a parent—should so suddenly and

strangely have fallen to ruin ; and grieved that she must witness the shameful thing.

At this point John Senior—meaning me—would not have said, either “judicially” or otherwise, “Junior is a naughty boy.” No ; he would have known more than this John Senior knew—for he would have known enough to keep still. He wouldn't have aggravated a case which was already bad enough, by making any such stupid remark—stupid, unhelpful, undignified. He would have known and felt that there was one present who was quite able to deal with the case, in any stage it might assume, without any assistance from him. Yes, and there is another thing which he would have known, and does at this present writing know : that in an emergency of the sort which we are considering, he is always likely to be as thorough-going and ludicrous an ass as this John Senior proved himself to be in the little tale.

No—he would have kept still. Then the mother would have led the little boy to a private place, and taken him on her lap, and reasoned with him, and loved him out of his wrong mood, and shown him that he had mistreated one of the best and most loving friends he had in the world ; and in no very long time the child would be convinced, and be sorry, and would run with eager sincerity and ask the father's pardon. And that would be the end of the matter.

But, granting that it did not turn out in just this way, but that the child grew stubborn, and stood out against reasoning and affection. In that case a whipping would be promised. That would have a prompt effect upon the child's state of mind ; for it would know, with its mature two years' experience, that no promise of any kind was ever made to a child in our house and not rigidly kept. So this child would quiet down at this point, become repentant, loving, reasonable ; in a word, its own charming self again ; and would go and apologize to the father, receive his caresses, and bound away to its play, light-hearted and happy again, although well aware that at the proper time it was going to get that whipping, sure.

The “proper time” referred to is any time after both mother and child have got the sting of the original difficulty clear out of their minds and hearts, and are prepared to give and take a whipping on purely business principles—disciplinary principles—and with hearts wholly free from temper. For whippings are not given in our house for revenge ; they are not given for spite, nor even in anger ; they are given partly for

punishment, but mainly by way of impressive reminder, and protector against a repetition of the offence. The interval between the promise of a whipping and its infliction is usually an hour or two. By that time both parties are calm, and the one is judicial, the other receptive. The child never goes from the scene of punishment until it has been loved back into happy-heartedness and a joyful spirit. The spanking is never a cruel one, but it is always an honest one. It hurts. If it hurts the child, imagine how it must hurt the mother. Her spirit is serene, tranquil. She has not the support which is afforded by anger. Every blow she strikes the child bruises her own heart. The mother of my children adores them—there is no milder term for it; and they worship her; they even worship anything which the touch of her hand has made sacred. They know her for the best and truest friend they have ever had, or ever shall have; they know her for one who never did them a wrong, and cannot do them a wrong; who never told them a lie, nor the shadow of one; who never deceived them by even an ambiguous gesture; who never gave them an unreasonable command, nor ever contented herself with anything short of a perfect obedience; who has always treated them as politely and considerately as she would the best and oldest in the land, and has always required of them gentle speech and courteous conduct toward all, of whatsoever degree, with whom they chanced to come in contact; they know her for one whose promise, whether of reward or punishment, is gold, and always worth its face to the uttermost farthing. In a word, they knew her, and I know her, for the best and dearest mother that lives—and by a long, long way the wisest.

You perceive that I have never got *down* to where the mother in the tale really asks her question. For the reason that I cannot realize the situation. The spectacle of that treacherously-reared boy, and that wordy, namby-pamby father, and that weak, namby-pamby mother, is enough to make one ashamed of his species. And if I could cry, I would cry for the fate of that poor little boy—a fate which has cruelly placed him in the hands and at the mercy of a pair of grown-up children, to have his disposition ruined, to come up ungoverned, and be a nuisance to himself and everybody about him, in the process, instead of being the solacer of care, the disseminator of happiness, the glory and honor and joy of the house, the welcomest face in all the world to them that gave him being—as he was sent to be, and would be, but

for the hard fortune that flung him into the clutches of these paltering incapables.

In all my life I have never made a single reference to my wife in print before, as far as I can remember, except once in the dedication of a book; and so, after these fifteen years of silence, perhaps I may unseal my lips this one time without impropriety or indelicacy. I will institute one other novelty: I will send this manuscript to the press without her knowledge, and without asking her to edit it. This will save it from getting edited into the stove.

MARK TWAIN.

JOHN, SENIOR, SPEAKS.

To the Editor of BABYHOOD:

THE question, "What ought John, senior, to have done?" has been answered, I should imagine most vigorously, from the letters I have read, and others I have heard of. What John, senior, actually did do remains for him to tell; and when told, his many critics will no doubt be as much dissatisfied as before, since not one of them suggested, so far as I have seen, the course which was pursued.

At the outset, Mr. Editor, the sketch first published varied a little from the actual facts, and in justice to myself should be corrected. Instead of using a strip of whalebone as a method of correction, I simply employed the open hand, and I wish to say right here that I would not sanction any other mode of chastisement for children of tender years.

It amused, and at the same time, I must admit, surprised, me somewhat, to observe that among so many well-written epistles sentiment predominated over reason and judgment. The writers often refute their own arguments. In one breath they inform us "an infant of that age does not understand the object of a whipping," and in the next tell us "that we must teach the child to govern itself."

My views, briefly expressed, are, that a child cannot be taught too early the necessity of implicit obedience to the commands of his parents, and I would go so far as to say that, even if he cannot understand the reason why prompt obedience is enforced, the discipline alone will be of incalculable benefit to him in enabling him to overcome the tendencies which lead to harm, not only in babyhood, but in later years. The unsuccessful effort of a parent to restrain a child, or a feeble and vacillating course and finally a retreat on his part from an attitude properly and rightfully taken, form, in my estimation, the

greatest mistake that can be made in the education of children. It is folly to assume they do not understand a victory over us. The very act of my boy in taking the paper up with his teeth evidenced too clearly that he fully understood the nature of the conflict, and spoke as plainly as words that he wished to make a compromise; but I believe the whole lesson would have been lost had I yielded, notwithstanding my heart urged me to, and the extreme astuteness of the little rebel almost tempted me to acquiesce.

It is the *unrestrained*, wrongful acts of children, especially when committed in the presence of parents, which do the greatest injury; and the crimes which go far towards filling our penal institutions, and the frequent trips to Canada, with the intention of a permanent residence there, which have been made by prominent citizens lately, may be traced to the unrestrained temptation of taking and enjoying that which the child had no right to touch or handle.

And now as to what John, senior, did do. When John, junior, picked up the paper with his teeth and endeavored to put it on the table, whence he had taken it, John, senior, calmly but firmly took it from his mouth and put it back upon the floor, and insisted that he must pick it up with his hands and put it on the table just where he had taken it from. There was one more refusal, one more spanking, a great deal of crying, and then those little rebellious hands crossed over the paper, lifted it from the floor, and put it upon the table.

Both Johns felt that a conflict had been ended. John, junior, scampered off to his colored friend the nurse, and I could hear him endeavoring to explain his woes, and trying to justify his conduct; but his faithful nurse, with more wisdom, I fain would say, than John, senior's, critics, contended that he had been a naughty, naughty boy, and had been rightfully chastised.

In less than half an hour the clouds cleared away, the sun came out again, and soon I heard that clear little voice saying, "Hi, papa, *tea*," repeating his mother's invitation to supper.

In conclusion I am happy to state that, since the event which has been so much written and talked of, John, junior, has not taken, or offered to take, a paper from my table, where every paper has a value, and even exhibits more respect for them than his dear mother, who will persist at times in arranging them, as she claims neatly, to the confusion of his father,

JOHN, SENIOR.

A LIVELY IMAGINATION.

To the Editor of BABYHOOD:

How far is it advisable to encourage an imaginative child?

I have a most remarkably affectionate little boy of four years, who lives much of his time in the ideal world. He rides on his stick-horses until his little legs are tired; then he waters them by dipping the end of the stick supposed to be the horse's head into the water, then feeds them. One day I found them all tied in a row with a biscuit under each horse's head. Another time a half egg-shell was put under each head to feed them from. Sometimes he is himself the horse, and ties a rope around his neck and lies down in the stable beside old Nell and chews hay. I found him fast asleep, with his head lying on a sack of potatoes, in the barn, in front of the horses. During a heavy rain it occurred to him that his horses were out in it. When I refused to let him go out his cries were full of grief. The fact that "My horses are out in the yane" seemed to overpower him. As soon as the rain abated he begged so hard to go out and put them in the barn that I let him go. They were soon tied within, where they often prove a miserable trap for somebody to stumble over.

He is a very close observer of animals. Old Nell was subject to the closest scrutiny as she stood by the door in her harness. Then he walked up and laid his cheek lovingly against her side. He personates people that come to the house; every peculiarity of expression is imitated. The other day he knocked at the door and said, "This is Mr. Litch" (Mr. L. being the clock-mender of the day before). I said: "Do you mend clocks?" "Yes'm." So he proceeded to mend the imaginary clock with his imaginary tools, showing by his motions what tool he was using, whether hammer, screw-driver, or oil-can and feather.

He never seems lonely playing thus by himself, although he has plenty of children to play with. The people and things of his imagination seem all-sufficient to keep him happy and contented.

The question often comes to my mind, Is it well to encourage him in these imaginary things and plays? Will it not be a fruitful source of telling things that are not true as he grows older?

O. H.

GREELEY, COL.

HOW MISSING CHILDREN CAN BE FOUND.

AN editorial note printed in the last number of *BABYHOOD* seems to have led so many persons to speculate concerning the best methods of making easy the identification of a lost child that *BABYHOOD* undertook to find out what our city authorities and experts having to do with lost children had to suggest. Mothers may consider the danger of their children straying out of reach so remote as to be scarcely worth considering; nevertheless the danger is there—a careless nurse may at any moment occasion terrible anguish and alarm. But if the danger is real, the remedy suggested in the note mentioned—the marking of the child's clothing with name and address—is so simple and efficacious that the wonder is that every parent does not immediately adopt the suggestion. It is not wholly a new one, and yet of the hundreds of lost children found yearly in New York's streets and sent to police headquarters, to be cared for by Matron Webb, only one child in the last five years was sent home, thanks to written directions found upon his person; and this was in the case of a small boy whose name and address were discovered in the band of his hat—about the worst place to trust such information, inasmuch as the hat is the first thing lost by a distressed and bewildered youngster.

Is there a better way of "marking a child" than to write the name and address upon some article of underclothing where it is likely to be seen upon examination? A tag sewed upon the inside of the collar of a child's dress would always be more or less conspicuous and easily discovered. If there is a more convenient place mothers will soon find it. Beyond such marking of clothing or underclothing, experience in such matters seems to suggest but little. It would scarcely do to tattoo the skin, after the fashion of sailors; the child, when grown up, might wish to take another name, and in cases where the family is always moving the necessity of frequently changing the address might prove painful to the child and expensive to the parent. There is also an instinctive objection to marring nature's work even in so good a cause. If some one will kindly discover a means of marking a child's skin in such a manner that the inscription will remain legible for three, or at most four years only, the suggestion to brand children as we do cattle may be better received. Before a child can walk there is no danger of its getting

lost; and after it is five years old it can, in most cases, tell its name and where it lives, so that a child needs this protection for four years only. But such a marking-ink needs to be discovered.

A representative of *BABYHOOD* asked Matron Webb, of the Police Department, how she would mark young children in order to insure their prompt return home when found straying in the streets. Mrs. Webb's experience with lost children entitles her to answer such a question with authority. For years she has received all the youngsters found wandering in the streets, and cared for them; her kindness and tact in managing and comforting miserable waifs have made her famous in and out of the department. Sometimes a dozen children are sent to her in one evening, sometimes not more than half that number; but the pleasant playroom at the top of the Mulberry Street building, with its score of little chairs and its piles of toys, is never empty during the evening. In summer, of course, there are more lost children than in winter, and just after the first of May—moving day—the nursery is crowded. About twelve hundred children are brought here during the course of the year. Yet notwithstanding this vast experience in the study of lost children, Mrs. Webb found nothing better to suggest than to mark the clothing—where does not much matter. And but one device outside of this has been tried, to her knowledge. Some ten years ago a philanthropist went about New York selling a button small enough to be used on a child's dress but large enough to contain a slip of paper upon which might be written a name and address. The top of the button could be unscrewed and a slip of paper inserted. A good many such buttons were used, but the ease with which the children could unscrew them led to their disappearance. Marking the clothing is the only plan which Mrs. Webb suggests. She added that though a child might be too young to give an intelligible answer to the question, "What is your name?" it might be taught to point to some particular part of its dress when asked that question, and thereby lead an inquirer to find the tag upon which the careful mother had written name and address.

Superintendent Murray, the new executive head of our police force, was next seen and asked what plan he would advise in order to help both public and police in this matter. As

in Matron Webb's case, marking the clothing was the only device suggested. Since Superintendent Murray assumed his present position he has made important changes in the disposition of lost children. Any lost child found by the police is now sent at once to the precinct station-house. If not claimed in one hour, a description of the child is sent by telegraph to every other station-house in the city, and the child itself is sent to Matron Webb's rooms down-town, where it can be properly taken care of. Thus, no matter where a child has been lost, a description, if it has been found by the police, will be on record in every station-house in the city one hour after the police take charge of it. So well does this system work that very few children now remain under Mrs. Webb's care after eleven o'clock at night; all are called for.

One of the persons who have had most to do with small children, and who have suffered particular inconvenience from the carelessness of parents, is the Rev. Willard Parsons, the founder and energetic manager of the Fresh-Air Fund excursions, through which, in the last eight years, twenty-five thousand poor children have been sent to the country for a period of two weeks or more. Mr. Parsons has, every summer, to receive from their parents many thousand children; to distribute them in country places hundreds of miles from New York, to gather them at the expiration of their two weeks, to take them back to New York, to deliver them safely to their parents, and get a written receipt for them. Such a transfer business in children requires care and no little bookkeeping. It may easily be imagined that Mr. Parsons is one of those who will receive with interest suggestions as to the identification of children. It is a problem to which

he has given considerable thought; yet no better way than to write the name and address of the child upon some part of the underclothing has been suggested to him. He has had "no end of trouble" in identifying small children under his care, and would be thankful if BABYHOOD's suggestion were carried out by all mothers of "Fresh-Air" children. To make the proper marking of a child's clothing a necessary qualification in every applicant for a Fresh-Air Fund excursion ticket, might help him and encourage mothers to adopt a good custom. Mr. Parsons has always found that children are more likely to get lost than other kinds of property, and he cannot say too much to his assistants about the necessity of accurate bookkeeping where children are concerned. During his great work he has often found that, in the hurry of a start by boat or rail, he had receipted for more children than could be found when the boat or train finally left the city. When he had given a receipt for twenty-five children and found but twenty-four, he could not easily dispel all anxiety as to what had become of No. 25—whether he or she was at the bottom of the river or safe at home.

"How many children did you bring?" he might ask a bewildered Sunday-school teacher, who had succeeded in getting her flock to the boat.

"I brought eight, but two didn't come," was the perplexing sort of answer he sometimes got; and the accounts and lists of youngsters were too often made out upon the same plan.

If any one might be expected to favor even the tattooing process it would be Mr. Parsons.

"By all means," says Mr. Parsons, "let BABYHOOD advocate the systematic marking of children. What particular plan is followed does not much matter so long as the end is accomplished."



SUMMER PASTIMES.

HOW LITTLE CHILDREN STUDY
NATURE.

BY MARGARET ANDREWS ALLEN.

THIS morning my little boy (five years old) was amusing himself by cutting open seeds to find their germ. He had been soaking the seeds between two pieces of wet flannel in a basin under the stove, and the shapes and sizes and colors of the various germs furnished him with a most fascinating amusement. He got the idea of his flannel-garden from Jacob Abbott's "Caleb in Town." This, I know, is a small beginning, but still it is a beginning, of the study of botany. The knowledge obtained is slight, but the development of the power of observation is great; and this is one of the most important faculties to develop in young children. Too many people, young and old, go through the world without a suspicion of the wonders they are treading under their feet.

Besides being useful, the study of nature is fascinating to most children. But they must have their own simple way of pursuing it, and not be burdened with what is only suited to older people. Their forte is observation of the simple objects of nature.

I knew a little boy, of about four, who for a whole summer spent many hours every week examining the spider-webs round the yard and garden. Each web and its occupant had an individual interest for him, and he noted with wonderful accuracy the peculiarities in the building of web and the mode of securing prey. The spiders had their loves and their hates, their plans and their surprises, and the little boy enjoyed their world as he might fairy-land.

Another child, about five years old, enjoyed hearing Wood's "Homes without Hands," and the hour before tea each night was devoted to reading it to him. His parents had lately received a bird-cherry tree, and it was planted by the front lawn, where he often played. One day he came into the house in great excitement to say that he had discovered a tent-caterpillar's nest on the cherry. He had never seen a real one before, for the State where he lives has not the curse of the New England trees. He had merely seen the picture in Wood; still his discovery saved the trees of a whole neighborhood from destruction.

If children were not so often taught by their parents and nurses the ridiculous theory that toads make warts, and that they are "horrid, nasty things," I am sure they would find great entertainment in feeding the toad with flies and other dead insects they may pick up. We have had pet ones in the garden every summer, and many a hot afternoon has been beguiled by feeding them. The toad's air of lazy indifference really increases the entertainment, for the quick dart of his tongue is a surprise each time. One can soon accustom them to being fed. The children made one useful discovery while feeding them, which is that they will eat currant-worms.

Tadpoles from any pond or roadside ditch are always entertaining pets. Any basin of water with a little mud and stones at the bottom will give them a happy home, and their changes are rapid enough to interest a child. The little feet come out so prettily and the poor little tail dwindles and falls off, and we have our tiny frog or toad, a perfect image of his larger brothers. I am sure any child who has once watched these changes will never need to be reminded of them in his study in after-life.

The bees that frequent every garden are also capable of furnishing pleasure and profit to a child, if the notion of fearing them can be avoided. Teach the child not to molest them—let him fear the consequences of that—but do not teach him to fear them when they are quietly doing their work in their own way. There is many a child to whom a garden is rendered miserable by fear of these harmless creatures, who might all the time be his companions and not his foes. The great, buzzing bumble-bee coming out of the hollyhocks gives one a nice story to tell a child. He can plainly see the dusty pollen on the bee's legs and body, and we can tell of his little brushes and baskets and the "bee's bread," as well as his store of honey. My little boy has also been much interested in the bees mixing the pollen of flowers and causing the varieties of color. He has noticed it particularly in his special bed of petunias in his own garden, where he revels as he likes.

It is a very good plan to give a child some plant or plants for his own. If your garden is choice it saves the other flowers without the constant annoyance of refusal. I find that my

garden never contains the wonders in my baby's eyes that his own does. His is mostly, as I have said, a great bed of petunias. They are emphatically children's flowers, growing quickly and blooming profusely, and with enough variety in color to make each flower a surprise. The little child in taking his flower to pieces—and that, of course, is always his first desire—soon finds that the pistil and the seed-vessel are connected, and soon he wants to know what the seeds are and what they do. The story of this can be made charming to almost any child who has become interested in the seed-cups. The seeds themselves are a great source of pleasure to children as the season advances, and they learn much about their shape and arrangement when they are apparently merely playing with them. What baby who knows anything of a garden has not spent happy hours playing with hollyhock cheeses? A doll's tea-party on a stump under the trees often rejoices in no other food than hollyhock and nasturtium seeds; and yet such gayety would be welcome at many a grander feast. It is not in a child's nature to go solemnly from plant to plant studying them; and it is well that it is not so, for it would take all the heart out of it. Children play with their seeds, and flowers, and roots, and beetles, and worms, and know them as a part of daily life.

I knew a little invalid who remembered many happy days with the green inch-worms that fell from the linden-trees for her only playmates. She did not in the least envy the gayeties of the stronger children, so content was she with her little green friends as they measured the squares

on her apron or spun silken threads from the leaves above her head.

There can be no surer way of teaching little children color than by interesting them in the garden flowers. Girls generally learn colors some time in their lives, both from choice and necessity; but boys have but a poor chance unless we begin with them while young. I find that my little boy, who has spent the greater part of his summers in our garden among the flowers, not only knows all the primary colors, but has a wonderfully quick eye for the different shades, and often detects various tints in certain mixed shades.

I have found the true names as easy and pleasant for a child as any invented, babyish ones could be. Indeed, I was called to account by a little boy last summer when I inadvertently called petals leaves. It is of great value to the child, to increase his vocabulary, to give him more material for expressing the ideas that are coming upon him so fast.

The garden in the early morning is sometimes covered with mist or fog, and I have found it a great help, in easing Baby's disappointment while he cannot go out, to tell him to watch the fog and see it rise and rise, higher and higher, till at last it floats off over the tree-tops, and he can see it only as a white cloud sailing in the blue sky above him. The clouds, with their ever-varying forms, will thus become some of Baby's friends. He will be getting at home in Nature.

These are a few of the ways in which I have seen children study nature, but, of course, there are many more, as endless in number and variety as Nature herself.



STRAY LEAVES FROM A BABY'S JOURNAL.

BY A PHYSICIAN.

III.

EVEN in sleep I was not happy. I saw all sorts of horrible things, and once I was so frightened that I jumped up and awaked myself. I saw my mother bending over me. I was so glad ; as soon as I saw her the horrid things disappeared. But I was so frightened that I kept up crying incessantly. My mother wetted me with her eyes ; I had seen things drop out of her eyes before, but now they dropped so fast that they wetted my face when close to hers. Nurse came up and said it was only a bad dream ; that my mother had better go to bed and take me. I saw then a strange transformation : all the clothes my mother had on came off, and in a moment she was again the long thing on white. I had found my lost mother. I went to sleep ; never saw the horrid things again. Every time I woke up I felt for her ; she was there, and I dropped asleep again. I do not know how long I slept ; when I awoke I was in my crib and my mother was sitting by me, only she was constantly moving. What makes things move so ? Everything moves around me. Why can't they be still ? I should be so much happier. Moving, moving, moving. Is this another necessity ? They are not satisfied with rocking me ; they rock themselves. My mother rocks, nurse rocks, Herma rocks, violently. Everybody rocks who comes in. When they do not rock me they toss me up and down ; this always makes me feel strange ; then my milk rocks, too. My milk don't like rocking and tossing, and shows it by running off, sometimes at a gulp. Then my nurse says to me, as if it were my fault : " You little pig ! " This tossing and rocking, when long continued, follows me in my sleep, and makes me feel as if my little brain had nothing to rest on, it swings so. My father does not rock ; he is the only object that is not in constant motion. Rocking has so bewildered me that often I wonder whether it is I or the things about that are rocking.

My father came in this morning. The room was rather dark. He said something very loud about rockers—I think that is the word he used. His face looked as if he didn't like it. He did not look as I do when I am crying, for then I cannot see anything. I have seen myself in the glass ; that's what my nurse

calls it. My nurse says : " Look at yourself now ; see how ugly you look ! " I do not know what ugly means ; but if when one does not look like one's self is to be ugly, then sometimes I am ugly indeed, and so was my father. My mother laughed, my nurse laughed, but it did not improve my father's looks. He held his foot in his hands, which added to the peculiarity of his looks. Peculiar things always make me cry. So I cried.

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My mother gets up regularly now. It is a great trouble to me, but I think she understands my feelings, she is so sweet. So when the light goes out of the room she lays herself down and again becomes the long thing on white. How I love her, so ! My father does the same now, and regularly. It is very kind of him, yet I wish he wouldn't. I have learnt a good deal about my father. If I get up a good little spell of crying he always leaves. That's so kind of him !

My nurse is not so much with me now ; that is a great comfort.

**

To-day my father came to my crib ; he chirped and talked to me, he even patted me. My mother was silent until he attempted to take me up. She said something that made him lay me down ; then they both talked one after another ; then they talked at the same time, but my mother seemed to talk the most. My father walked the floor and talked ; my mother sat, but turned in her seat so as to follow him. My father talked exclaimatively, my mother consecutively. My father grew alternately red and pale ; sometimes I thought he would not say another word, when off he would go with an expletive and walk faster. When my father walked faster my mother talked faster. I finally became frightened—incomprehensible things always frighten me—so I burst out crying ; then I heard my father say, " There is no use arguing with a woman," and out he went. The door was shut, yet my mother got up and turned something. She came back to me and began to cry.

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I do not know why she cried. I was so glad my father was gone. I can always tell

when my mother cries, by her eyes ; I can tell when I am crying, by my noise. She cried a long while ; she cried while I was sipping my milk. Finally after a long while I lost myself. How long I slept I do not know. I did not feel well in my sleep. I saw horrible sights ; I could not make them out, and I was worried. I woke feeling very strange ; I had never felt so before. Everything was moving and stirring inside of me ; it went up and down. I cried hard, I drew up my legs ; still it moved. Oh ! how it hurt. Sometimes it would pass away, and as I was getting easier it would come back again. I was frightened. My mother and nurse got up ; one would take me up, then the other, but this thing continued coming up and stirring inside of me.

They tried to pacify me, but this thing wouldn't let me be pacified. My nurse said : " He has the colic." If that was colic I shall never forget it ; how it rolled and tumbled inside of me ! My nurse also said : " No wonder he has the colic—you cried so ! " She meant my mother. What has my mother to do with this horrid thing that pinches my inside ? My mother never would hurt me, I knew.

She gave me more milk, and the horrid thing danced more frantically ; finally I thought it all came up. But it didn't ; it was still there, squeezing and cutting me. Oh ! how I cried. Everybody came to see me. Then the nurse said, " Here, little darling, take some catnip-tea," and she opened my mouth wide with her big fingers, threw me down on my back, and poured something awful into my mouth. My mouth drew up with a horrid, bad taste. I thought the colic was bad enough, but my nurse was worse ; never had such a nasty thing in my mouth before. The colic continued, so now I had both the catnip and the colic. I would not stay with my nurse. My mother gave me some milk ; it washed my mouth and sweetened it, but my stomach was burning. I cried and cried I do not know how long. They carried me about, they rocked me. I did not want to be carried ; I did not want to be rocked ; I did not want the catnip ; I did not want the colic. I heard mother say : " If this child does not get better soon I shall drop." I did not know what she meant, so I screamed louder.

The nurse came again ; this time she had a long bottle and a spoon in her hands. " This will stop it," said she. " What is it ? " asked my mother. " Soothing-syrup," said the nurse. " I am afraid of it," said mother. " Oh ! nonsense," exclaimed the nurse ; " babies are raised on it." She took me from mother and fixed me tight in her strong arms ; then she stuck her big fingers into my mouth and almost choked me with the nastiest liquid I had yet tasted. Oh ! how lustily I screamed then. My mother came to me and took me up. In a little while I felt a peculiar sensation, and I seemed to expand. My little brain rose ; it seemed to go up, up, up. I felt so light that I fancied I was nothing but air. I could see nothing, feel nothing ; I could not even see my mother. I shut my eyes, and yet I saw clouds and lights. My hands felt like pillows, my body as if it did not belong to me. Was I another baby ? The whole night passed that way. I wanted to cry, and I could not ; this is the first time I felt unable to cry. I wanted to reach my mother, but she seemed so far away ; the nearer I tried to get to her the further she was. I saw little things squirming in the air. I felt as if I were two instead of one. I could see number one lying as if dead, perfectly helpless and immovable, and number two sitting in mid-air, sometimes shooting in empty space, always feeling as if I were suspended, but generally whirling in space. Although these two felt so totally different, they could never get away from each other ; they were together all night, but in such confusion and trouble !

I woke up next morning and found one of myself gone. Only the helpless, heavy one remained. I was glad of it. My nurse was by my side, smiling at me. She seldom smiled. My mother came also, and said : " Baby looks pale, nurse." Nurse answered : " Pale, indeed ! He had a lovely night, and he slept as quiet as an angel since that dose. That syrup is the baby's blessing ! " So she talked on and I could not answer. It was cowardly in her to talk so when I could not deny her assertions in words ; I could only look my denial. She wanted me now to have my breakfast. I felt as if I never wanted any more breakfast ; I had no wish for it.

NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised. It is desirable that a rough sketch accompany such descriptions as may be illustrated.

A HOME-MADE BABY-JUMPER is thus described by S. B. T., Kewanee, Ill.: "It was invented by a lady for the use of her girl from the age of six months until walking began. Having served out its time of usefulness for this morsel of humanity, it was 'passed on' to another weary mother, whose daily burden of care was greatly lightened by its use. From there it came into the nursery of the writer, gave happiness and strengthened limbs to Baby No. 3, and at

the present time is proving a God-send to a wee, delicate boy whose limbs are slow in development after a sickness that brought him, a wasted little skeleton, to the borders of the other land. Although over a year old, he makes no effort to bear his weight upon his feet. The happiest hours of his life are those spent in the jumper, and



he has learned to exercise his limbs very nicely. Its good effects are apparent in the gradual development of muscle upon the slender legs. The baby performances in this haven of delight are highly amusing.

"The mechanism of this invaluable help to mother and Baby is so simple and inexpensive that it is within the reach of all. It consists of a jacket, straight stick, rope, and spring. The

jacket of the one in question is made of dark-red Canton flannel lined with factory, and feather-stitched on all its edges with white wool. It consists, in the first place, of a body-strap, 22 inches long and 5 wide, buttoning in front. A strap 20½ inches long and 3½ wide is sewed firmly to the bottom of the centre of the back, passing between the legs and buttoning to the front of the body-strap. This strap is furnished with three button-holes fastening to the bottom of the front, which are made 6 inches from the end of the strap; and there are also three buttoning to the top of the front. Two straps, 36 inches long and 1½ wide, are sewed *very strongly* to the top of the body-band, front and back of each arm; the two ends of each strap being fastened respectively 2½ and 7½ inches from the middle of the front. These straps are the means by which Master Baby is hung up. A heavy double spring (made by coiling bed-spring wire in two sizes and placing the smaller coil within the larger) depends from a carefully-tested hook. To this is fastened a rope, and this passes down and is tied to the centre of a straight stick (in this case a piece of broom-handle), 25 inches long, in the ends of which are notches to hold the shoulder-straps securely. The length of rope needed must be ascertained by experiment. Button the jacket on Baby and hang him up by putting the shoulder-straps on the notched ends of the stick. Have the length of the rope such that his toes can just touch the floor, and the fun begins. He will very soon learn to kick and crow at the very sight of the jacket. And for limbs which need strength and development for walking its value is beyond price. Even for a strong, healthy child, the exercise it gives is invigorating, furthering symmetrical development.

"The measurements given above are for an average child. The dimensions may have to be altered in particular cases. It is scarcely necessary to emphasize the need of having every part put together in the strongest manner, to insure safety to Baby in his happy exercise."

HOME-MADE PORTABLE BATH-TUB.—E. H. M. writes from Lewiston, N. Y. : "The sort of bath-tub, consisting of a folding-frame and a square of rubber-cloth, mentioned in *BABYHOOD*, I prize so highly that more details may be useful to others. My baby's was used from the first to the sixteenth month. The frame, which opens like a camp-stool, was made for me by a carpenter out of oak. The rubber-cloth was of the heaviest quality and about forty inches square, and was turned over at the two ends, and a heavy linen tape, doubled, run in as a shirr. This tape should be firmly fastened around the ends of the frame, projecting above the upper side-braces. These ends should be connected with additional tape or webbing, so that the tub will stand just wide and deep enough. The side edges of the cloth should be brought well over each brace, and there tacked securely all along with tinned tacks. When the bath is over, hang the tub up by the lower braces, with the rubber hanging down to drain."

A NEW USE FOR BLANKETS.—A. L. T., of Brooklyn, writes : "A wise little mother of my acquaintance has an accompaniment to her baby's carriage which is a source of delight and benefit to her child. It is a soft, dark blanket for cool days and a linen one for warm or hot days. One of these is folded and placed in the bottom of the carriage, and when nurse and baby stop in the Park for rest and amusement, instead of 'Dotty Dimple' sweltering among pillows, cramped and uncomfortable from remaining in one position, she is on the ground, arms and limbs free for play with her toys (few, but varied day by day), her dress protected by the blanket, and no danger of cold from contact with the ground. This was originally an arrangement for the country, but what had proved so useful on the lawn my friend was reluctant to discard, and found it could be used quite late in the fall on her return to the city."

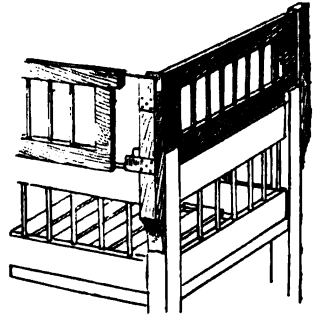
DANGEROUS CRIBS.—C. S. A., Worcester, Mass., makes the following inquiry :

"We are in difficulty about a crib for our little one, aged ten months. We want something substantial and durable, and with *high enough sides* to preclude the possibility of falling over

the top. This sort of one it seems impossible to find in the stores, as all styles have the objectionable low sides. Babies have had very bad falls out of them. What can we do? Can you give us an idea what the expense would be of such a one as we want—say of black walnut—made to order?"

Too much importance cannot be attached to the subject of the accidents referred to, since such have frequently resulted in injuries for life, and are liable to occur at any time. It is surprising that a high-sided crib, like many another much-needed nursery article, has not found its way into the trade generally. One made to order would be much more expensive than any one of the usual styles, which could not be as low-priced as they are except for their being made in large quantities from standard patterns. Our correspondent's local furniture-dealers could give estimates, according to size and style desired, to better advantage, doubtless, than any in this city.

Aside from this the best advice we can give is to build up the ordinary crib with extra sides and ends ; or, if it stands in a corner, being thus partly protected by two walls, one side and one end will be sufficient. The plan outlined in the drawing here-with has been found, to our knowledge, satisfactory, the crib in this case being in the corner. An upright is permanently attached to each of three corners of the crib ; the extra end-piece (head or foot) is also permanently fastened, while the side-piece is portable, being made to fit into brass-plate supports or guides. The total cost need not exceed \$2, consisting mainly of labor, as the rounds are kept in stock by all carpenters and cost only a few cents apiece. It is important that all be *strongly* made, so as not to prove a pitfall instead of a guard, by tempting the strength of the venturesome little tenant.





NURSERY PROBLEMS.

OBSTINATE THUMB-SUCKING.

To the Editor of BABYHOOD:

Our sixteen-months-old boy has a habit of thumb-sucking which neither doctors, nurses, mothers, nor grandmothers have been able to cure. The doctor says not to think anything of it, and that when he is older he will stop it. In the meantime, however, half of the nail is worn away and the thumb much reduced in size. During the day he does not touch it, but before going to sleep, and during the night when not sleeping soundly, he sucks and pulls at it with such force that he can be heard in the next room. We have smeared it with several bitter compounds, to his great delight; aloes and quassia-wood he likes so well that he keeps holding out his thumb for "more! more!" as long as he can get any one to apply more. We have also tried confining his hand in gloves and in the sleeve of his night-dress, but with no good result.

An effective remedy from BABYHOOD would earn the hearty thanks of
 MRS. THUMB,
 NEW YORK.

In the April number BABYHOOD said a few words concerning some of the results of thumb-sucking. It may now add the little that it can concerning the cure. While the various injuries then enumerated may arise from the habit, it is nevertheless true that usually no such results follow. "Mrs. Thumb's" problem is particularly difficult, for the reason that her baby is old enough to have a well-settled habit, and probably a will to back it, and is not yet old enough to be reasoned with. Her physician is right in saying that the baby will probably give up the habit by and by; but if parents are not prepared to take the risks of a disagreeable and difficult experience in breaking up the habit, they should take pains to prevent its formation in the beginning. The thumb-sucking does not usually arise from the need of something to suck, but is purely a habit, as is shown by the fact that no substitute, not even a finger or the other thumb, will satisfy a child who has practised thumb-sucking for a considerable time. Many similar habits have come under our observation; a child, for instance, we recall who would not

go to sleep unless her nose was tickled with a wisp of cotton. "Mrs. Thumb" has already tried some of the most effectual remedies, all of which, in children too young to exercise much self-control, are comprised under two heads—the making, by means of applications, the thumb too disagreeable to suck, and mechanical restraint. The bitter applications have failed in this case, as they often do, because bitters are not disagreeable to all children. Pungent articles, such as pepper-sauce, are often effective, but sometimes produce so much smarting of the thumb or the mouth as to be rather cruel; besides, there is the danger that the child may rub its eyes with the thumb and thus provoke an inflammation. If the mechanical restraint is to be tried at all with little children it ought to be made efficient. Neither glove-finger nor sleeve prevents the putting the thumb into the mouth. Either the wrist of the sleeve must be so fastened to the waist of the garment as to prevent the hand being raised to the mouth, or the hand must be enclosed in such a wad of cotton, or the like, that the thumb cannot be sucked. Now, either of these plans is pretty sure to excite great protests on the part of the baby, and in each case the question must be fairly considered, Is the trouble and damage serious enough to make the struggle worth while? When a child is older, say three or four years, gentle ridicule, the judicious use of praise, stimulation of ambition to be "a big boy," emulation of older children, usually produce the desired effect in a reasonable time. With them, very slight restraint, as the sewing-up of the sleeve, serves as a reminder in the half-sleeping moments when the will is likely to yield to habit.

A QUERY ABOUT CONDENSED MILK.

To the Editor of BABYHOOD:

Please state in the next number (if possible) whether or not you would continue the use of the Anglo-Swiss condensed milk in the following case: I have not sufficient mother's milk for my baby. When she was quite young we gave her food made quite similar to a recipe given in BABYHOOD in some

of its first numbers. Knowing that we were to move to a large city, and fearing we could not procure pure milk (and fearing also I should not be able to keep milk from souring on the journey), I began to give Baby, when three months old, Horlick's baby food with permission of the physician. She refused to take it, so we tried the Anglo-Swiss condensed milk. She likes this and has grown fat upon it. It doesn't give her diarrhoea nor make her constipated. But yet her bowels are not in a good natural condition. I forgot to say I give her mother's milk two or three times a day to relieve myself, and *always* at night when she is hungry. I don't want to wean her this summer (she is only four months old now). Do you think the mixture of mother's milk and condensed milk causes the indigestion? I should like your opinion on the subject, as a physician who makes a specialty of children's diseases has failed to cure her.

MRS. R.

Condensed milk, properly diluted, often agrees with children, although it is not theoretically the best form of artificial food for them. In such cases it agrees none the less because the breast-milk is given in alternation. The kind of disorder of the child's bowels is not described, and we can form no idea as to whether or not it depends upon the food.

THE PLUNGE-BATH.

To the Editor of BABYHOOD:

I have a question which I should like to see answered in the next number. Up to what age do you think a healthy child should be given a daily plunge-bath? Is it weakening? I am careful to have my room warm and the water only warm. My little girl enjoys such a bath hugely, but I am in doubt as to how long it should be continued.

CHICAGO, ILL.

M. E. S.

The only reliable test of the good or ill effect of a bath is the reaction that follows it. If the child enjoys it at the moment, and is after it warm and active, it is probable that the bath agrees with it. If the child is fatigued or drowsy and disinclined to exertion, or is troubled by indigestion, after it, the bath is probably a disadvantage. There is no fixed rule. But a plunge-bath should of course be brief and never be taken on a full stomach.

A STUTTERING CHILD.

To the Editor of BABYHOOD:

I am so much pleased with your "Nursery Problems" that I feel encouraged to ask you a question concerning my little boy, five years old, who has for nearly a year shown symptoms of stammering. He does not really stammer in the ordinary sense,

not half as badly as did his brother, at the age of two, for two or three months; but then I am afraid his impediment of speech is more likely to last. His trouble shows itself generally in the beginning of a sentence—he seems to be in want of the proper word rather than unable to pronounce it. No particular letter gives him any difficulty, and he is not distressed, as stammerers often are, and as his brother was, who sometimes burst out crying when endeavoring to utter a sentence. In the case of my first-born, salt baths, iron drops, and fresh air effected a cure. But my younger boy has had plenty of all this, and yet does not improve. I have asked a physician, who thought the stammering was nervousness in both cases, and that with care the trouble would pass over. I think I am as careful as my circumstances permit me to be, but am afraid of permitting the child to grow up without using all possible remedies. Could you suggest any, and thereby earn the thanks of

Y.

DELAWARE.

Technically speaking, the child does not stammer, but has a slight form of stuttering, although the two words are popularly used as synonyms. "Nervousness," in the wide sense, is of course the cause, as the difficulty in stuttering is not a defect of the organs of speech. To enter into the mechanism of stuttering would carry us beyond the proper limits of an answer to a query. In this particular case we would offer the following suggestions: Search carefully for any debilitating condition, either general or local, that can make the child "nervous." This may be in any part of the body. Doubtless the trouble is most marked when the child is excited or fatigued.

The halting at the beginning of a sentence is one of the mildest forms of stuttering, and is frequently observed in persons under excitement who ordinarily have no impediment. If any exciting cause can be found it should be removed as far as possible. Next practise the little fellow in breathing, for the stuttering is often due to speaking without sufficient air in the chest to keep up an even tension of the vocal apparatus until the sentence is finished; and stutterers have need of more air than others, because their infirmity makes them wasteful of it in speaking. Practise him also, after reassuring him and gaining his confidence in the matter, in pronouncing consonants *with* vowels. The true stutterer has not, as a general thing, difficulty with single sounds, but with syllabic combinations, and especially when he tries to let go of a consonant and attack a vowel. Try, also, the effect of rhythm (or music, if any member of the household is musical). It usually is

the case that a stutterer can sing or intone. We recall an amusing instance of an old lady who used to exclaim when her stuttering husband had become hopelessly involved in a sentence, "Sing it, Nathan, sing it!" she having learned the peculiar effect of rhythm. These practices, while they may not eradicate the trouble, usually mitigate it to some extent.

EXCESSIVE PERSPIRATION.

To the Editor of BABYHOOD :

Will you be kind enough to tell me whether excessive perspiration in a child is weakening? My baby, now nine months old, is perfectly healthy, weighing twenty four pounds. She has four teeth, and sleeps and eats well, having six meals in the twenty-four hours. She is fed on groats almost entirely, and was partly nursed and partly fed until last month. She has never been sick, although she has been troubled with eczema since she began to teethe, but this has now nearly disappeared. She perspires principally in her neck and the back of her head, and cannot bear more covering at night than a sheet, even when it is cool. We found a feather pillow too heating, and tried a hair one; now we are obliged to lay a linen sheet, folded many times, under her head, and, although this is saturated, it is the only thing that keeps her tolerably cool when asleep. I should like very much to know if this perspiring is healthy, as many people tell me, and if checking such a thing suddenly would not be likely to bring back eczema.

SUBSCRIBER.

BOSTON.

The description given is an excellent one of the perspiration of early rickets. The child should at once be brought to the notice of the family physician, or, in his absence, of a physician familiar with children's diseases. In spite of baby's fat condition there is pretty certainly a fault in her nutrition.

"STARVING A COLD."

To the Editor of BABYHOOD :

You would oblige me if you would state, through the columns of *BABYHOOD*, whether a young child having a cold should be kept on a very plain diet while the cold lasts. Do you believe in what is commonly called "starving a cold"? My little five year old niece has been coughing for some time and looks pale, yet she is generally contented and happy. Would it be best to give her gruel, milk and water,

etc., and but very little meat, while the cold lasts? Should she be kept very quiet and sleep as much as possible?

Any advice you may give will greatly oblige

M. M.

The proverb from which our correspondent quotes is quite as often reversed; indeed, we first learned it, "*stuff* a cold and starve a fever." The question as specifically put is also too vague to be answered categorically, since so many ailments go under the name of "a cold." But we may answer in a general way thus: This child has been coughing for some time and has probably a catarrh of the throat or windpipe. She is somewhat depressed by it, as shown by her paleness. As far, then, as the diet needs supervision, it should be with the purpose of securing good nutrition with easy digestion. The milk, if good, answers both indications. The gruels, if milk-gruels, are also useful. If she can easily digest a little meat in the early part of the day it may be allowed, but it will not be needed if plenty of milk be taken. Good, nutritious broths, not greasy, are also good; so sometimes are fresh eggs. It will be noticed that while this food is "light" in the sense of liquid, it is exceeding nutritious and that it gives no endorsement at all of any starvation theory. Great confusion exists popularly as to what is nutritious diet. Much food that would be very nutritious to a robust adult digestion is only wasted and irritating when put into a stomach that cannot manage it.

TIRED OF MILK.

To the Editor of BABYHOOD :

I have a boy two years old who will not touch milk or anything cooked in milk. Could you advise me what to give him for his supper? Until now I have been giving him eggs, but I can see he is getting tired of eggs, and I do not like to give him meat at night.

Mrs. A. T.

St. Louis.

If his dislike to anything cooked in milk extends to light puddings of which milk is a component, the best things for his supper will be bread and butter, preferably graham bread, toast slightly moistened if very hard, and, when these things become monotonous, a cupful of broth—mutton, beef, or chicken—may be added.

THE NURSERY CATCH-ALL.

—Mothers who are travelling or sojourning at hotels just now will do well to add to the furniture of the travelling-basket one of the hot-water bottles sold for keeping infants' food warm and for taking the chill from napkins, night-gowns, and other articles of clothing. Baskets containing these are offered for sale, together with vessels for holding porridge or milk, that may be fitted into sockets attached to the bottles. Provided with these and the nursery-lamp, the mother can make her child comfortable in the seven-by-nine closet which is the substitute in seaside or mountain resort for the spacious home nursery.

—It is a sure sign that something is wrong, and very far wrong, when a child shows dread of a nurse—refusing to go to her, crying at sight of her, or remaining cross in her care after she ceases to be a stranger. Such indications may always be accepted as a proof of one of two things: Either the woman is unkind to the little one when out of the mother's sight, or she is deficient in ability to care for and amuse him. In either case she is unfit for her office. A child who is habitually unhappy cannot grow up strong and healthy.

—It is not enough that medicine-bottles be labelled conspicuously "POISON" when they are brought into the dwelling. They should never be left where children can reach them, from the floor or by climbing on a chair. If the number of fatal accidents that have occurred from carelessness in this regard were published the chronicle would bring about needed changes as to the location of the medicine-chest and the habit of setting a bottle down in the most convenient place—to the person using it.

—Withhold all artificial foods from the baby until he is six months old, or until the "drooling," or watering of the mouth, shows that he begins to secrete saliva. Up to this time the milk-diet is the only safe one.

—Pure air should be admitted from the top of the windows as well as from the bottom, if we would have the ventilation of our living-rooms thorough. What enters the lungs as oxygen leaves them as carbonic acid. The one is Life, the other Death. The simple statement proves the need of a constant supply of fresh air in chambers where breathing-creatures would live.

—Alcohol in every form and combination ought to be stricken from the list of the nursing-mother's or wet-nurse's "must-haves." If it do not beget in the child a fondness for stimulants which will lead to trouble in after life, the immediate effects of the potion are too apt to be apparent in drowsiness or nervous excitement, testifying to disturbance in the healthful balance of the system. Like results, in a milder degree, follow the intemperate use of tea and coffee. Strength, in these circumstances, should be kept up by nourishment, not by "bracing" beverages.

—A rounded tablespoonful of dry wheat-flour, of corn-starch, or ground rice is equal to an ounce in weight. It is well to bear this in mind in the preparation of farinaceous foods for the nursery.

—The gown of the nurse should be made of what is called "wash-goods"—*i.e.*, calico or other cotton or linen material—and changed when it is soiled. The large white apron which is now a part of her regulation attire sometimes conceals skirt-fronts stiff with dirt. Woollen gowns are open to other objections besides that they are worn until they are threadbare or disgracefully soiled; evil odors and infectious germs cling to them more persistently than to lighter fabrics. The big, snowy apron does not prevent the transmission of these, although it keeps the child's clothes clean.

—In warm weather contrive that Baby's long day-nap be taken in the hottest hours of the day, and, when convenient, on a bed instead of a crib, that the fresh air may pass freely to the sleeper. Cradles or cribs with solid sides are hot and unwholesome.

—In using sea-water for Baby's bath have it brought up in pails to the nursery, poured into the bath-tub, and set in the sun, or left to stand all night, to take off the chill before the child is plunged into it. There is absolute cruelty in the submersion of the tender body in the surf, even when adults pronounce the water "delightful."

—As soon as Baby begins to "find his legs" shorten his skirts, if the weather is mild, and allow him to use them freely. The plunging and sprawling that "kicks out" enwrapping flannels and cambrics is Nature's own method of strengthening him for enacting a bipedal part, and precedes creeping as legitimately as creeping goes before walking.

HIGH-CHAIR PHILOSOPHY.

TEACHER: "So you can't do a simple sum in arithmetic. Now let me explain it to you. Suppose eight of you have together forty-eight apples, thirty-two peaches, and sixteen melons, what will each one of you get?"

"Cholerer morgus," replied Johnny Fizzletop, who is addicted to that malady.—*Texas Siftings*.

"I HOPE you will be a better boy in the future," said his mother.

"Yes'm," sobbed the boy.

"I guess you will mind your father next time" he speaks to you?"

"Yes'm."

"Poor boy!" she added sympathetically, "did he touch your heart?"

"No'm."—*Drake's Traveller's Magazine*.

A YOUNGSTER of four, rather noted for his depravity than otherwise, was taken into his mother's bedroom the other day and introduced to his baby sister, one day old. He seemed to look on the new arrival with considerable embarrassment, not unmixed with disapproval, and at the same time to appreciate the fact that it devolved upon him to say something worthy the occasion. Finally he remarked with a rising inflection expressive of great unctuousness, "Well, I hope she'll be a Christian!"—*Boston Record*.

"MA," said Johnny one Saturday morning, "where do good little boys go?"

"To heaven, I suppose," replied ma.

"I don't mean when they're dead," answered Johnny in a tone of disgust; "where do they go when they are alive?"

"I don't know," remarked the mother absently; "I suppose they stay at home with their mammas."

"Oh!" said Johnny; "oh! I thought maybe their mammas sometimes took 'em to the theatre."—*Puck*.

"GRANDMA," said a young scapegrace, "do old people live very long?"

"Sometimes," said the stern old lady.

"Do you think you will live to be very old?" persisted the hopeful.

"I hope," said the old lady wearily, "that I shall live long enough to see you grow up a well-behaved young man."

And the incorrigible responded:

"Well, grandma, you needn't wait; I'll telegraph."—*Boston Commercial Advertiser*.

A LADY visiting a Waco family said to one of the little boys: "Johnny, I have brought you some candy, but I am afraid you will eat too much of it and make yourself sick. I'll give it to your mother and she will give you some every day." "No, she won't give me any except on Sunday, and then I'll have to be a good boy all the week before to get it. I don't care for the candy, but being a good boy is what makes me sick. I'd rather go without the candy than be a good boy just now, when peaches and watermelons are ripe."—*Texas Siftings*.

CINCINNATI mother: "Well, my daughter, you were very good in church. Now, you shall have lots of nice birthday presents if you can tell me what the sermon was about." Little Cincinnati maiden: "Oh! yes, of course. It was about heaven. Won't it be nice? Nothing but music-gardens and races and base-ball games and theatres all the time." "Mercy on us, child! where did you get that idea?" "From the preacher, of course, mamma." "The preacher! Why, what did he say?" "He said that up there it would be Sunday all the time."—*Philadelphia Call*.

A BRIGHT little miss was given a warm cookie by a neighbor. Though contrary to her custom, the mother allowed the child to eat it. Shortly the little girl exclaimed, "Mamma, let me go and get another cookie; I know Mrs. — will give me one." "No, dear, it will make you sick." "Will I die and go to heaven?" "Yes." "Well, Mrs. — (her Sunday-school teacher) says heaven is a beautiful place." "You don't want to go to heaven and leave papa and mamma, do you?" "Well, mamma, you get a cookie too and come with me to heaven."—*Utica Herald*.

A SMART YOUNGSTER.—"Thomas, you have displeased your grandfather."

"No, I didn't, ma."

"Yes, you did. Have you not been in swimming?"

"Yes, ma."

"Didn't I hear him say to you not to go in swimming?"

"Oh! he didn't tell us that; he only came out and said: 'Boys, I wouldn't go in swimming,' and I shouldn't think he would, an old rheumatically man like him; but he didn't say nothing about our going in swimming."—*Philadelphia News*.

LITTLE ALICE would say the most ridiculous things to prove that everything in her home was larger or better than in the home of others.

One day she was taking luncheon with her aunt. The lettuce had just been brought to the table cut in four pieces, and without dressing. The child looked at it and smiled in a superior manner.

"My mamma always has the salad cut up and dressed," she said.

Her aunt laughed, and seeing a little stranger in the person of a tiny slug coiled comfortably up among the crinkled leaves, called the child's attention to it.

"Perhaps you don't have nice little things like that in your salad," she said.

The child looked at it for a moment, then said proudly:

"That's nothing; we have immense slugs in ours."—*Tinsley's Magazine*.



Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, SEPTEMBER, 1885.

NO. 10.

WITH the coming of summer the mortality in great cities is somewhat moderated by the diminution of pulmonary and contagious diseases. But when a "heat-
ed term" arrives the mortality increases enormously, and almost entirely from the destruction of children under five years of age. The present summer has been no exception to this rule. In this city the reported mortality for the week ending June 13, when the temperature was moderate, was 593; for the week ending July 25—a very hot week—1,094, an increase of about 86 per cent. This terrible destruction of life was entirely due to the high death-rate among children under five years of age. In the interval mentioned the deaths in this class rose from 216 to 764 per week, an increase of more than 250 per cent. Of persons over five years old actually fewer died in the week ending July 25 (330) than in that ending June 13 (377). At the beginning of the period 36¼ per cent. of the total mortality was in children under five years; at the end 70 per cent. It is hardly necessary to say that the greatest cause of this increase was diarrhœal diseases. The first week we have mentioned furnished 26 deaths from this class of diseases, the last 381, while that ending July 18 gave 395—that is to say, they were about fifteen times more numerous in the middle of July than in the first half of June. Following this great heat was a relatively cool week, in which the temperature touched 90° but once. In this week the total mortality fell to 926, and that from diarrhœal diseases to 298; and the next week the total mortality was 648, and that from diarrhœal diseases 159.

These figures show plainly enough the effect of great heat, and particularly of prolonged heat. The accumulated exhaustion, if the phrase is admissible, from suffering days and sleepless nights is inevitably followed by the various forms of "summer complaint." The return of a "cool wave" stays the pestilence with equal certainty. To those parents who can by any possibility leave the city in the hot season these figures speak "with no uncertain sound." It is not claimed that children do not die in the country or that hot weather does not go there. But in most parts of the country the heat is relatively moderate as compared with the city, and the night brings a temporary relief. The miles and miles of heated stone and brick that all night long radiate their heat into the air are not known except in great cities. The malignity of Herod never equalled in destructiveness a week "in the nineties" in one of our crowded cities.

Parents whose little ones have passed these terrible weeks in the comparative security of the mountains or at the sea-shore may well hesitate before hastening their return to town. September is only nominally an autumnal month. "Cancer, the crab," creeps slowly, and his grip is obstinate. It is a matter of regret that most schools resume their sessions about the middle of September. Where the vacation of the least members of the family can be prolonged until cool and benignant October, it should be done, at the sacrifice of housekeepers' and dressmakers' convenience.

While fresh, ripe fruit is excellent food for children over three years of age, it should be eaten (even on the farm where it grows) with certain limitations. The drama—oftener tragedy than comedy—of the small boy and green apples has been enacted too many nights to leave any doubt as to the danger of the exercise of juvenile private judgment on the question of the age and quality of the luxury. The fruit should be selected by some judicious person, the skin and core, or stone, removed, and the quantity prescribed. The child ought not to be allowed to drink copiously of any liquid, water not excepted, soon after eating it.

The Fresh-Air Fund of the *Tribune* has already sent more than 5,000 poor children into the country for a two weeks' vacation this summer, the Fund furnishing the money for transportation, and the country people giving the board and lodging. These children are, of course, from the poorest of poor families—little ones who would never know what a green field is if it were not for the Fund. The cost of the work, thus far this season, has been about \$15,000, the average expense for each child having been about \$3. The children are from six to eight years of age, no child less than five years of age being taken; and the railroads and steamboats take the parties at quarter rates. Thus for a trifling sum the waif of the tenement, often sick and pale, is given invaluable help in the hard yearly battle which all tenement-house children have to wage with heat and bad air. All physicians agree as to the marvellous results of the two weeks' outing; the children come back strengthened and better able to endure their surroundings. Last year 6,253 children were sent to the country by the Fund at a cost of \$18,751. This year, if money continues to be contributed, the results will be far greater.

One excellent feature of the scheme is the taste for country life which a visit to a farm, made under such circumstances, is likely to give young children. The only salvation for

thousands of our poor children is to get them permanently transplanted from the gutters to the fields. Numberless instances are found in the Fund's history, of children who after one visit to the country do not rest until they find homes upon farms; and although incorrigible street arabs sometimes do empty the milk-pails into the well, and devise (and execute) more mischief in a day than country boys would think of in a week, many of the children, especially the girls, are adopted by their hosts, and thus are afforded opportunities for growing up respectable members of society.

So marked have been the beneficial results of getting children away from the heat of the city, even if for but a few days, that several institutions having that end in view have come into being within the last five years. The Summer Home of the Children's Aid Society at Bath, near Coney Island, has been in operation for five years. Last summer 2,749 little girls, of from five to twelve years of age, each passed one week at the Home, and 1,403 boys and girls went down there for a day's picnic. All these children were from the tenements, and needed the respite from the city heat. The expenses were \$6,669, or less than an average of \$2 per head per week. This year the work is carried on upon a still larger scale. The same Society has a Health Home at Coney Island, where sick babies, with their mothers, are kept for a week at a time. A picturesque building was erected for the Society two years ago by Mr. D. Willis James, of this city. It is on the beach, exposed to every breath of air from the ocean. The air is better than any medicine for infants suffering from intestinal troubles due to heat, and one day there sometimes saves a child's life. Last summer 1,200 mothers, with their babies, were at the Home for a week, while as many more went down for a day's visit. No child more than five years old is received. About \$6,000 are needed for the summer's work. There are one hundred and twenty babies at the Home now. The Brooklyn

Children's Aid Society does about the same kind of work at its Seaside Nursery at Coney Island.

The sign, "Hot Milk for Summer," displayed here and there in the windows of a drug-store, sets forth what is a beneficial change for young customers from "Ice-cream soda." Physicians report that an unusual number of cholera-morbus cases have this season been traced directly to the use of the last-named beverage and to eating confectioners' ices. If a man or woman chooses to risk the consequence of pouring a pint of sweet, icy liquid into an empty stomach when the thermometer stands at 99° in the shade, protest is wasted. He or she

"Knows the right,
And still the wrong pursues."

But it gives sensible people a heart-ache to see perspiring babies lifted to the high stool before the marble counter and drenched with frozen syrup and fixed air. It is not unusual to hear the small creatures whimper that they "have a pain" before the last morsel of delicious froth is scraped from the bottom of the tall tumbler. The "Hot-Milk Cure" is offered as a specific in cases of indisposition induced by heat and improper diet, especially the use of ice-water in immoderate quantities. The milk is heated—*not* boiled—and drunk hot. This cure for diarrhoea has been practised for centuries in Mexico, where such complaints are extremely common.

Dr. A. Jacobi, in his recent lecture on "Domestic Medicine," sounds a note of warning concerning the indiscriminate use of chlorate of potash. "Within the last thirty years," he says, "chlorate of potash has been made use of in medicine in many ways. It is a good, perhaps the best, remedy in the ordinary forms of catarrhal and ulcerous inflammation of the mouth and throat, originating in the irritation due to sudden changes of temperature, to want of cleanliness, putrid decomposition of food, or to the use of mercurial medicines. It has also been largely recommended as an accessory remedy in the treatment of the ordinary

forms of diphtheria. The frequency of these diseases in the last twenty-five or twenty-seven years has brought this medicine into popular notice and favor. It has consequently risen or fallen to the rank of a household remedy in the fullest sense of the term. I am safe in presuming that at least half of my hearers have made use of this remedy without the advice or prescription of a physician. There are but few households in which the careful housewife has not put aside for future use a little box or package of the familiar white crystals. Now, the mere storing away of this remedy is not without danger. When dry and pulverized, a sudden concussion will occasionally cause it to explode. I have myself known a misfortune to result from the shaking-up of a bottle containing the dried powder. When taken internally the substance may readily act as poison. It passes through the digestive organs and through the blood, into which it enters, without undergoing change. It passes out of the body in the same form and solution in which it was introduced. At the same time, through mechanical and chemical action, it considerably changes the composition of the blood and of the coloring matter in the blood. . . . Twenty grains in the course of a day for a one-year-old infant, and ninety grains for an adult, are about as much as can safely be administered. To take more is injurious and dangerous."

The Industrial Education Association of New York is arranging a system of kindergarten instruction for the city like that already in operation in Boston, Philadelphia, and St. Louis. Hand-in-hand with this movement comes the endeavor to use the church-basements as parish kindergartens. Several of these are thus occupied during the week. Children of two, three, and four years of age are collected from oven-like garrets, airless cellars, and foul gutters, clothed and washed by charitable church-people, cared for and taught during the day, and fed at noon with a good luncheon. This is a new and choice edition of "Practical Piety."

FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

BABY'S NURSE.

THE most important hired official in the household where there is a baby is, unquestionably, his nurse.

Rough or discolored linen is a grievance that never proves fatal. The spleen, bodily and mental, engendered by bad cookery passes away with time and a change of *chef*. The evil attendant upon mismanagement in either of these departments is immediately apparent. Sophistry cannot do away with the present witness of a badly-ironed shirt, nor will the neat kitchen and pleasant address of the cook beguile her employer into enjoyment of a spoiled dinner. The mischief wrought by an incompetent nurse is beyond calculation by earthly standards of gain or loss; the wrong accomplished by the deceit, unsoundness of moral principle, or vicious temper of a woman in this position outlasts our generation. The awful sum-total is known only to the Omniscient Father, who knows and pities all.

In admitting these truths, which no parent will deny, a direct question opposes the further discussion of our subject: Ought not every mother to undertake the sole charge of her infant?

The reply is cumbered with many conditions.

If she is a widow, without other children, with no other duties in life, and in such robust health that she can, without injury to the child or herself, discharge the offices of wet-nurse, cook, nursery-maid, teacher, and mother—*yes!*

If she has a husband whose claim upon her time and thought only death can annul, children who must be watched and taught, social duties which for the sake of her family and kind she may not ignore, if her physical and intellectual well-being is a matter of vital importance to her family—*no!*

Our enemies themselves being judges, American mothers are the most devoted in the world. Our friends—and ourselves—re-

luctantly agree that it is not altogether the fault of the climate that our women break down prematurely in looks and strength. It seems ungracious to call that devotion short-sighted that gave Baby a doting thrall for the first years of his existence, and entailed upon the man the burden of an infirm woman who outlived her usefulness just when the lad most needed the counsel and incentive no hiring can give.

The mother's office in the home where a full corps of servants is employed is administrative rather than executive. It is a self-evident proposition that she cannot be the controlling head when all of her time and strength is given to performing the part of the hands. When her means warrant the expense, she ought to hire a nurse for her baby. I am strongly tempted to say that if she can keep but one servant, that one should be a trustworthy woman who can lift the weight of daily cares from her shoulders in the nursery, and let the mistress make beds, sweep, bake, and brew, as a healthful change of occupation. Babies who are tended entirely by their mothers are, almost without exception, troublesome by reason of their ceaseless exactions. It is common to say of their nurse, "She has not the knack of teaching her children to look after themselves; they depend too much on her for care and amusement; she is their slave." She is never rid of responsibility. If relieved for an hour or day from actual baby-tending she is unbalanced and restless. She is sure the lamb is worrying for her, as she is for him, and passes the season of recreation in wondering what blunder will be committed by her substitute, even though it be her own mother. "Nobody understands him and his needs as I do!" she pleads. In the extravagance of her idolatry she pities the parent who can be happy when her child is out of her sight. Her whole soul is wrapped up in the cherub ("Octopus" would be fitter name).

The more reasonable mamma-nurse who serves her charge well but not slavishly is pre-

ternaturally strong of will if she can withstand the temptation to irregularity in the seasons of meals and sleep. He has a pretty way of pretending to be hungry when she knows he is not, or he is fretful when she is most anxious for him to be good; and the ever-ready solace lies so near the uneasy head, the brimming bosom aches under the beat and tugging of the dimpled hands. Visitors, the demands of the kitchen, laundry, housework in general, unite to postpone his mid-day nap, or she lets him play on the floor just a little longer in the evening when he is wakeful and a few more stitches are needed to complete a fascinating bit of needlework.

Furthermore, she feels in and for him all too keenly to carry calm pulses and judgment through the daily routine of "taking care" of that which is the dearer part of herself. With a faithful deputy in charge of him, she lends but a divided mind to other concerns. When there is no second-best custodian (herself being rated as first) she has no mind at all to bestow anywhere else. The best mothers are not those in whom the maternal instinct is cultivated into abnormal ex-crescence. The husband who insists that the only proper guardian of his children is his wife, or who grumbles at the additional tax of a nurse's wages upon his pocket, may set down as a debt of his own making the withdrawal of wifely companionship from himself, and the lack of the pleasing arts that made his house "the jolliest place in town of an evening before Baby came."

She who would bear healthy children must be sound in body. If she would likewise rear them into sane and useful man and womanhood, she must *keep* herself vigorous.

Forgive the length of what you must not mistake for a preamble. It is relevant, and *needed!*

Baby's nurse, we will assume, is not his mother, but a woman selected because she possesses certain qualifications for the situation.

The first of these is that she is fond of children and likes to take care of them. Ninety-nine per cent. of the applicants for the place go through the form of declaring

that they are never so happy as when thus employed. Reject the exception without another question. The nurse who is indifferent to her charges, and gives them merely perfunctory attention, is not fit to be left alone with them for one hour. As to the ninety-and-nine who achieve the shibboleth of the guild, apply yet other tests. The love for children and aptitude for "getting along with them" are natural gifts and essential to the proper discharge of nursely duties, but they are not everything, or enough to secure your confidence in applicant or incumbent.

Health, cleanliness, sobriety are recommendations that go without saying in well-regulated families. Added to them must be some degree of dexterity in handling the child, a cheerful disposition, pleasant speech, and, chiefest of all, entire willingness to obey orders in the management of him. Choose a young, inexperienced girl of fair intelligence, who is honest in the persuasion that you are wiser than she and in the intention to follow your instructions, sooner than the elderly paragon who is "competent to take the whole charge of an infant from its birth," and smiles superior to your stipulation that this regimen shall be adhered to and that error avoided.

The precious craft so lately launched is *yours!* Whoever may compose the crew, be you pilot and captain.

You will have to exercise infinite patience and much tact with this one of your subordinates. Her preparation for the position she attempts to fill has probably been of the most desultory and empiric order. It is unfortunate that our foundling-hospitals and day-nurseries are not also training-schools for child-nurses. Why not have these as well as cooking-schools and institutions crowded with novitiates in the art of caring for the sick?

As matters now stand, our nursery-maids are drawn from a class whose alternations of hurtful indulgence and brutal severity in the government of their own offspring are only surpassed by their ignorance of hygienic principles. Norah or Elspeth or Thekla is tender-hearted and means to be dutiful. If

she be also conscientious she will go through the routine you prescribe with mechanical fidelity. At heart she considers your rules new-fangled rubbish, and despises you with them. She was "reared," and saw many brothers and sisters brought up, on coarse and unwholesome food. In winter they were huddled like sheep—sometimes *with* swine and goats, and, as recent explorations of New York basements reveal, with geese—in fetid rooms. In summer the doors were opened at morning and "the childher" let out. At night they were set wide while the vagrants were driven in. That more than half of them died in early infancy, and none of the adults are really healthy or long-lived, does not alter your "nurse-girl's" conviction that your snowdrop of an infant would fare as well if tended after the same fashion as when she and he are trammelled by a "silly pack of rules."

Let your initial effort be to create in her a *conscience*. It is very unlikely that lectures on nursery dietetics, ventilation, infusoria, and fixed hours will leaven the soggy dough of her mind. It is a puttyish mass that may be impressed, but seldom interfused, by any alternative agency. Therefore impress yourself, ingeniously and with might. Possess her with the idea that you are the ruling spirit of the establishment, and that your will is absolute in the nursery. Issue clear and distinct directions, then *see*, not ask, if they are obeyed. It is practicable to do this without incurring the odium of spying. The mother's is the right to visit the nursery at all hours, to take the child in her arms whenever the mood seizes her; now and then to bathe and dress him herself or to prepare his food; to inspect drawers and closets when she will, even during "the competent's" reign. Cook might frown ominously were hers the invaded realm; the untutored mind of the nurse-maid will probably see in these visitations but the natural "fussiness" of an over-fond parent who "hasn't enough to do to keep her out of mischief."

Her own attachment to her charge often becomes powerful, but it is usually animal

fondness that springs from propinquity and a sense of proprietorship in that entrusted to her care. If this statement be questioned, let the experienced mistress bethink herself of the succession of "devoted" nurses who have in turn acted as her aids, and tell how many of them failed to make instant and entire transfer of allegiance with the next change of "place." They served you well for their term of office; their show of affection for the "little angels" was sincere while it and the need of it lasted. Be content with this, and do not exact miracles of fortune. To bring the most intelligent of them into full sympathy with your "advanced views" would involve not only the necessity of a new moral and intellectual birth, but a birth into another sphere than that to which they still and for ever belong. At her very best the hired nurse is an excellent machine which you must guide.

If it is unsafe to commit the entire care of the child's physical being to a subordinate, it is actual peril to the nobler part of him to allow it to be trained exclusively or principally by her. Little by little, as he advances in age and intelligence, the real owner should withdraw him from constant association with servants. His intonations, turns of speech, his table manners and code of morals, must be learned from yourself. You are defrauded, although in a less degree than your child, when the contrary system prevails. It is profanation to vulgarize the baby-lisp by a foreign brogue or by negro dialect. That parent's soul should be moved to righteous wrath who hears from the innocent voice of his boy the slang of the stables or by-words that pass in the kitchen for wit.

In no circumstances whatsoever ought your child to be chastised by his nurse. This outrage may and does occur sometimes in nurseries where wise and affectionate espionage prevails. The suspicion of the deed ought to be the signal for strict investigation, and, should the fact be proved, summary dismissal of the offender. There are women who wink at such misdemeanors, as others, less culpable, condone dishonesty in an employee who is in most respects "in-

valuable." The mistress retains in her service the nurse who beats or slaps the baby she is hired to keep in safety and honor, and by so doing sinks below the level of the ignorant creature whose own childish peccadilloes were visited by a leather strap or broomstick. The stream cannot rise higher than the fountain; but the educated woman who, in Christian charity and amiable cowardice, excuses the act on the score of "the invaluable's" hasty temper, or affects not to be cognizant of it because "it is not convenient to change just now," sins against heart, reason, her conscience—most deeply of all, against her child.

NURSERY COOKERY.—NO. 10.

(A MENU FOR THE BIGGER BABIES.)

RICE SOUP.

THREE tablespoonfuls of raw rice, soaked three hours in just enough water to cover it.

One cupful of clear beef-tea or bouillon (see July number of *BABYHOOD*), diluted with a cupful of boiling water.

One-half cupful of milk (sweet and fresh).

Salt to taste.

Heat the bouillon to boiling; drain the rice and stir it in; cover and cook gently until the rice is soft and broken to pieces. Turn the soup into a colander, rub the rice through it, and return to the fire. Add the milk, which should have been heated to scalding in another vessel; salt; bring quickly to the boil, beating briskly with a split spoon for a minute when it begins to bubble; pour out and serve.

POACHED EGGS ON CREAM TOAST.

As many eggs as there are children to eat them.

The same number of rounds of crustless toast, lightly buttered.

A cupful of hot milk, salted.

Boiling water.

Heat the water to boiling in a deep frying-pan, salt it slightly, and set on one side of the range where it will not boil yet will hold the heat. Break each egg in a saucer, and slip dexterously into the water. When the white is "set," take up with a perforated ladle and lay it on its round of toast, already prepared in this way: As fast as the rounds are toasted and buttered dip them into the boiling (salted) milk and arrange them on

a hot platter. When the eggs are all in place salt them slightly and serve.

If you desire a more savory dish, pour a tablespoonful of broth or bouillon on each piece of toast after dipping it in the milk.

BAKED POTATOES.

Select large, fair potatoes of uniform size, wash, wipe, and lay them in a good oven. They will be done in about an hour, and should be served at once. Test them by pressing the largest hard between your fingers. If it gives easily it is ready to be eaten.

As the potatoes are too hot for little fingers, let mother or nurse prepare them by removing the skins, scraping out the inside, and rubbing soft and fine before seasoning with salt and butter. No lumps should be left in the mealy mass.

An unripe, or under-done, or watery potato is one of the least digestible of edibles, as the same vegetable fully grown and properly cooked is one of the best.

APPLE-SAUCE.

Pare and slice ripe apples—Baldwins, greenings, or other tart and tender varieties—and pack them into a porcelain-lined or tin sauce-pan; cover barely with cold water to prevent scorching, and cook gently until they are very soft. Turn into a bowl and mash, with a wooden spoon, press with the same through a colander, and sweeten to taste while warm.

If the sugar is cooked into the apples they become a preserve and lose their flavor. "Conserves" of all kinds are unfit for young children's stomachs. Apple-sauce, such as is described here, is wholesome, pleasant to the taste, and slightly laxative to the bowels. It should be eaten with bread and butter.

CUSTARD-PUDDING.

Two cups of fresh milk.

Two eggs.

Two tablespoonfuls of sugar.

A pinch of salt.

Beat the eggs light, add the sugar, and whip them up together until smooth and creamy. Stir in the milk (salted very slightly), pour into a bake-dish, and set this in a dripping-pan full of boiling water until the *middle* of the custard is "set." Take directly from the oven. Eat cold.



THE NURSING OF SICK CHILDREN.

BY EVA C. E. LUCKES,

Matron to the London Hospita'.

No. I.

ALL mothers would wish to excel in the skilful management of their little ones when they are ill. But practical knowledge on any subject has to be carefully acquired and does not come by instinct. If this fact is thoroughly realized, the same love which gives the desire to be of service will prompt mothers to give themselves the trouble of acquiring such general knowledge as will prove invaluable to them in nursing the various ailments incidental to childhood.

It is only those who have had experience of the thoughtlessness of even kind-hearted, well-intentioned nursery-maids that can fully appreciate the difficulty of getting all the essentials for a sick child and its surroundings attended to, and this at one and the same time. You may, perhaps, complain, when you enter the nursery, that it is too hot, and then, probably, when you come in again shortly afterwards you will find your child being undressed or having a bath directly in front of an open window. The nurse has not had the slightest intention of doing wrong, but "she is sure she is very sorry; she *never thought about it*"; and you may rely upon it that the latter statement is strictly true! Alas for the little ones if their mothers do not think either! "Ills are wrought by want of thought," and these ill may take a very tangible shape if the want of thought relates to the charge of a delicate child. If mothers would take more pains to explain this fact to the ignorant but often well-meaning nurse-maids, who have so much in their hands as far as the welfare of the children is concerned, and if they would repeat such explanations

in a gentle, attractive way, not once only but over and over again, so that the minds of the listeners may gradually but surely become imbued with a sense of their responsibility, they would learn to take a more intelligent interest in the needs of their young charges, and I am confident that in time the increased efficiency of the help given would amply reward these earnest mothers for the trouble involved.

It would be superfluous to point out the varied and numerous signs by which we know beyond the possibility of doubt that a child is out of health. To ascertain in what way it is suffering may often demand a great deal of skill and experience, but the simple fact that a child is not well is speedily patent to any one who is at all accustomed to observe children.

We must remember that for the most part illnesses run very rapid courses with children, so any indication that something is wrong must receive *prompt attention*. The little creatures are apparently well one day, and perhaps the next we are filled with the gravest anxiety as to whether their lives will be spared; and then again they are quite well, in a period short enough to astonish all those who are not practically familiar with these quick variations. Therefore we should lose no time in taking such measures as may be necessary, and in most cases these are very simple ones.

If there are several children in a household, the child who seems indisposed should be kept apart from the others. Most of the diseases incidental to childhood begin with a

feverish attack, and it is well to avoid all possible risk of infection, even where it is only a remote chance that the precaution may prove to have been a necessity.

All children require warmth, fresh air, light and sunshine, cleanliness, and proper nourishment for their healthy development ; and if these things are all essential to the maintenance of a satisfactory standard of health, they are trebly important during illness where life itself may depend upon the due observance of these conditions. Suffering may be materially diminished or needlessly increased, according to the ignorance or the skill with which these matters are arranged. They require *constant*, not occasional, attention, and all of them need to be attended to at one and the same time. It is by no means sufficient to see after one of these particulars while the others are temporarily neglected, and it is this fact which comparatively few people recognize fully.

Theoretically every one assents to the importance of these details, but practically it is not easy to secure their judicious fulfilment. You should have a good thermometer hanging up in your nursery, and teach your nurse its value, not only by showing her how to read it, but by the example of constant reference to it yourself. Take care that your windows are arranged in a manner to insure steady ventilation, with due avoidance of cold draughts in the direction of the bed or of the place where the child may be sitting. Have steady fires kept up, except when the warmth of the sun makes a sensible difference in the amount of artificial heat required, and do not allow the nurse-maid to adopt the careless habit of making up such large fires as will increase the temperature of the room to an overwhelming degree, then leaving the fire almost to die out before replenishing it. These variations of temperature are never good, and in some kinds of illness they are productive of positive harm. In whatever way the child may be suffering, it cannot be otherwise than a satisfaction to know that the warmth and freshness of its surroundings have been duly provided for. People are careless about draughts from

mere want of thought. The same persons will take care to arrange the ventilation to the best advantage, and then immediately forget all about it and stand talking by an open door which is perhaps exactly opposite an open window, and will be oblivious of the fact that the atmosphere is being steadily cooled, and, it may be, a direct draught pouring down upon the unlucky baby. We cannot expect this habitual observation of apparent trifles from every one, but we may fairly look to mothers to cultivate in themselves and their assistants every habit that will contribute to the well-being of the little ones entrusted to their care.

Cleanliness is a matter that calls for unceasing attention, and, as its perfect maintenance involves constant trouble, we cannot too strongly insist upon its importance. A warm bath generally produces a soothing effect upon children, and, *skillfully administered*, it is a remedy that may nearly always be resorted to fearlessly. If the little patient is very suffering and disinclined to be moved, sponging with warm water will sometimes prove refreshing, and it serves to increase the action of the skin ; but individual cases differ immensely, and the mother can but observe and be guided as to the advisability of a repetition of her treatment by the result it produces. Nurses can seldom be prevailed upon to change the napkin of infants often enough—*i.e., the very moment it is in the least soiled*. The reasons for this are numerous and sufficiently obvious. Mothers should constantly examine into this matter for themselves, and teach their nurses that the fact of their having made the child comfortable in this respect "only a few minutes ago" is not the slightest reason against repeating the process immediately. All arrangements of this kind that are essential to a child's health and comfort when well are doubly important when it is ill, and undergoing the miserable sensations incidental to sickness.

The more simple the food given to any child that appears out of sorts, the better it is ; and, even if you do not think there is much the matter, it is probably the very best

thing for it to take milk only, for a time. Loss of appetite in children, while it indicates that something is wrong, may usually be regarded as a sign that in its existing condition the child is better without the sort of food that it has no desire to take. In cases of serious illness the character and amount of the nourishment supplied is of grave importance, and the doctor will probably give minute instructions with regard to this, which must be accurately observed.

When children are not well they frequently become feverish and thirsty, and it may be as well to point out that *small* draughts of cold (not iced) water, barley-water, or toast-water, may usually be given with tolerable frequency and with the certainty of giving satisfaction and temporary relief to the little patient. The vessel will be quickly drained, and the eager little lips will part with it reluctantly when it is empty; so be careful to pour into the vessel you put into its hands only the exact quantity you mean the child to drink. Do not risk too large a quantity being taken, or needlessly provoke a distressing cry, by pouring too much into the vessel at one time, when either catastrophe can be easily avoided by a moment's thought.

Sick children must be *left* quiet rather than *kept* quiet; their own inclinations are admirable guides as to what is best for them in this respect. We must keep our sympathies with them keenly alive, and endeavor to understand what our little patients are *feeling* as well as what it is *needful to do* for them. We may reasonably try if toys are acceptable for the moment, but if they are rejected there is no object in inducing a child to play. We must endeavor to soothe it, as far as possible, into the restful condition it is evidently needing, and on no account

attempt to rouse the child against its inclination, except when the administration of food or other remedies renders it imperative to do so. On the other hand, if the young patient shows a desire to play, that is a good sign in itself, and it is infinitely better to produce the wished-for toys than to risk excitement and irritation by withholding them in what will prove a futile hope of keeping the child absolutely quiet, supposing that line of treatment does not commend itself to him. We can no more afford to disregard the mental condition of juvenile patients than we can venture to ignore it in adults, if we wish to nurse successfully. It may often be a question how far the good of the remedy ordered would counterbalance the evil of the struggle and cry that may be involved in its application in the case of an excitable child who is in a very critical condition, and the decision can be wisely arrived at in each individual instance only according to the nature of the illness and the importance of the means prescribed. In saying this I do not for one moment mean to imply that the doctor's orders may be set aside whenever it is difficult or painful to execute them, but I am anxious to point out that the nursing of a sick child claims intelligent consideration from every point of view, and that mechanical obedience in some circumstances is the last thing that a skilful doctor would desire. In hospitals, where medical aid is always at hand, the burden of decision as to the literal carrying-out of orders when other considerations may indicate the contrary is much lightened for the nurse; but the responsibility which rests with an anxious mother during the intervals of the doctor's visits is often very great, and the importance of her acting with judgment, common sense, and discretion can scarcely be overestimated.



DANGERS TO BE AVOIDED.

BY JEROME WALKER, M.D.,

Senior Physician to the Brooklyn Seaside Home for Children at Coney Island, New York.

A BABY or young child may hold its breath while there is food in the mouth, simply because it cannot obtain more food or cannot have its own way. As soon as the spasm of the muscles of the throat relaxes, an inspiration occurs, air is forcibly drawn into the lungs, and if particles of food have not already been removed from the mouth and throat by one's finger they are likely to block up the larynx and cause suffocation. In other words, they are "foreign bodies." Children just passing out of babyhood who are allowed to feed themselves at table and to eat whatever they want run great risks of suffocation by large mouthfuls of food. No careful parent who has repeatedly observed a baby's manner of cramming the mouth full and of gulping food, if left to himself, doubts that suffocation may thereby be caused. To reduce the danger to the minimum, therefore, additional food should not be given until the baby's mouth is quite empty, and the mother should not entrust the feeding to other hands than her own, unless, indeed, she intelligently supervises it.

Occasionally, the records of coroners or health offices tell us of accidental deaths of babies smothered by the bodies of parents or other persons in the same bed with them. It is safe to presume that, in addition to deaths, there are instances of partial suffocation from the same cause. Certain it is that the custom of having a baby sleeping with another person or with more than one is not safe.

In one of our Western cities a few years since a young mother, having occasion to go down-stairs, left her baby propped up in bed by means of pillows. On her return the little fellow was dead, smothered by the pillows, which had fallen upon him as he endeavored to move about. Instances have occurred of little children, not carefully watched, being strangulated in their play by pieces of rope and twine, by tippets, etc., which serve as

leading-strings when they play horse. Such strings have also served the purpose of the hangman's rope when, unfortunately, children have striven to imitate the executioner and the executed, as they have sometimes learned to do after listening to the details of murders and of the final scenes in the lives of the murderers, read to them by their elders or talked of in their presence.

Little children are great imitators. With no adequate conception of the risks involved, they are ready to attempt almost any dangerous exploit, from sliding down a banister to teasing a vicious horse.

Children are in general easily pleased by digging in the sand, and if perchance caves can be dug in a sandy hillside their pleasure is complete. But if the roofs and sides of such caves are very dry and sandy they are in danger of collapse, and may bury the careless little fellows within, who are merrily digging away in their efforts to scoop out dens and various kinds of hiding places.

Many of the sports of little children, if uncontrolled, are extremely rough, and some are dangerous. This is especially true among the boys of the lower classes; though rough sports are not entirely confined to such boys, for the most casual observer must have noticed that brown-stone houses furnish their quota of reckless, untrained boys and girls. Running with marbles in the mouth, under the impression that such exercise increases the running power; making the mouth a reservoir for marbles while a game is going on, or for bullets when playing with toy guns; throwing nooses about the neck in an imitation of the true Buffalo Bill style of lassoing, are all attended with danger. Some time since I rescued a little fellow from the risk of being suffocated by a rope held in the hands of a crowd of boys, who, with wild tumult, were engaged in playing fire-engine. The child, not being able to

keep up the gait at which the boys were running, fell, and as he did so a loop of rope passed over his neck. In crowded assemblies, as in schools, museums, theatres, etc., in case an alarm of fire is sounded, or if a panic arises from any other cause, it is the little children who are most likely to be in danger of suffocation from overcrowding. The "fire-drills" in our public schools have done much to avert calamity in times of emergency, but there would be little chance

of escape from some of our places of amusement in case fire broke out. And it is astonishing how many little children, even babies in arms, are to be seen in these, for the most part, overcrowded and badly-ventilated places. The Societies for the Prevention of Cruelty to Children have waged war against this condition of things and have accomplished much, but still little children frequently find their way into these places unattended by grown people.



SONGS AND PLAYS IN THE KINDERGARTEN.

BY C. M. ST. DENYS.

"LET me make the songs of a nation, and I care not who makes its laws." A student of Froebel's system of education would amend this old saying by an aspiration to make the plays of the nation's children. For music is but one form of play; and, says Jean Paul, "play is the first poetry of the human being."

But how is it that we may concede to either songs or plays such an importance as to place them above laws?

The reason may be found in the fact that man is a free agent. Laws operate against the will. The laws of the family, the school, and society, as well as of the state, are the expressions of the will of others. We sometimes resist and at other times obey with more or less willingness.

But the very idea of play involves that of spontaneity. In it the will is free, or there is no play at all. Dickens has shown this in his "Great Expectations," where he describes an eccentric old lady, who was moping away her life on account of a disappointment

in her youth, as sending for a little boy and commanding him to play before her as a diversion to her mind. "Play, boy, play, play, play!" was the exhortation. But the boy could not play. With no companions, no playthings, and everything so strange and melancholy around him, every element of play, but especially that of spontaneity, was wanting.

Laws are often mere prohibitions. But play is activity, the freest activity either of body or mind. It is also happiness—that highest state of feeling of which human beings are capable—else it were not real play. Now, when the mind is perfectly free, active, and happy, it is in its most exalted condition, and whatever it engages in will be done with all its powers and have most complete influence over its future.

What, then, shall be said of the power of imitative play, where the unconscious little mimics image forth all the relations, occupations, manners, virtues, and vices of those around them, where they tacitly accept the

world as it is and fall into its grooves, ready and anxious to take their part in it as soon as the time arrives? So great is the influence of this imitation that children's characters are doubtless often formed before they are out of the nursery; and all that they do afterward is merely the outgrowth of those germs which have been planted in childish imitative play.

The universality of song-plays proves that Froebel, in arranging plays accompanied with singing, appealed to a deep-seated instinct of human nature.

The principal plays of the kindergarten are the ball games, imitation games, marching, and gymnastics.

The ball games are played partly with colored and partly with plain rubber balls. In these games both mind and body take an active part. The eye is exercised by means of the colors, also in watching the swiftly-moving ball, while the hands and the whole body are employed in throwing and catching it. When the full design of the kindergarten is carried out all the movements are made in time to music, and thus the whole being is trained in harmonious, rhythmic action.

The imitative games are intended to teach social life as well as to exercise the imagination. They should always be preceded by lively talk, explanations, and stories calculated to instruct the child without wearying it. The plays in imitation of the different trades are made the means of conveying information about them; those imitating the movements of animals are the means of teaching natural history and of inculcating kindness toward these humble companions of man.

The marching plays and gymnastics, while training the body to proper positions and regular movements, also affect the mind by means of the accompanying music, thus educating the ear to the perception of harmonious sounds.

In all of these plays the aim is precision, perfect harmony of movement; but this is not to be attained by any means in the slightest degree distressing to the child. At first

the untrained muscles and the mind just waking up scarcely suffice to go through the motions; but gradually, by the aid of music and patience, the miracle is wrought, and law becomes the guide of childish play.

For it is to law that we return, after all. The great Lawmaker left nothing to chance, even a thing apparently so mysterious as childish human nature.

To know itself has ever been the puzzle of the human mind; but so long as the metaphysician occupied himself with the study of the mature intellect alone, he could never arrive at the root of things. It was reserved for Froebel, looking back over the history of the race, observing its spontaneous development through thousands of years, and comparing this with the results of his own observations carried on through the whole of his life, to deduce the laws of childish development, and to show us that the child must play, and learn to play aright, if it is ever to learn to work aright.

To reconcile the apparently contradictory ideas of spontaneity and regularity was Froebel's task, and this he could hardly have accomplished without the aid of music. That gift of Heaven to man, which "hath charms to soothe the savage breast," and which is represented as the occupation of the angels in heaven, comes to the aid of the educator. By it he can instruct and discipline, and at the same time delight.

It might seem hard that even children's play should be utilized, and childhood's spontaneity taken hold of, in order to start the future man thus early on his laborious career, did we not reflect that every right step in early training will be a lightening of the burdens of after-life, and that if children are not doing right they will be doing wrong.

If the child begins by making his play work, the youth, and afterward the man, will go on to make his work play. Such has been the case always with great workers, generally called geniuses; their highest enjoyment has been their work. Painting, sculpture, architecture, the command of armies and the government of nations, have been most intensely play to those who excelled in them.



BABY'S WARDROBE.

EARLY FALL STYLES.

WHILE the little ones, like so many butterflies, are flitting about in the sunshine, dressed in their gay and airy attire, the mothers are doubtless taking thought of the morrow, when there shall be a call, perchance a sudden one, for a change to heavier garments and wraps. Necessity here repeats itself, and there can be no "postponement on account of the weather." The mother who has to prepare with her own hands the wardrobes of her little flock has a watchful eye to the coming days, and is weather-wise and mother-wise when she fabricates gossamer in March and woollens in August.

Importers and buyers report glowing things of the textiles soon to adorn the market. As the season just past was a woollen one, so will the coming one be, with the difference simply of heavier materials—cashmere, vigogne, bourettes, camel's-hair, cheviot, and bison-cloth replacing veiling, albatross, and flannelette. Flannel and cashmere, as usual, take the lead in favor, but added to these are numerous fancy suitings which look pretty and wear well, while affording a change from these "standard" fabrics. Among the goods for ordinary use are the fine all-wool serges. These are durable, handsomely colored, and very popular abroad for little children's costumes; and when trimmed with any of the popular braids, or merely tucked and finished with a deep hem, they make eminently useful and *chic* little gowns. The white serges are pretty for dressy use trimmed with white braid. They launder nicely, dampness does not affect them, and they have other good qualities besides.

The Scotch tweeds are in demand for the little people's cool-weather suits. They are warm, neat, and stylish-looking, and, in addition, they require very little trimming. Indeed, this class of goods should be made up as plainly as possible, trimming detracting from instead of enhancing their good effect.

There are novel and handsome color combinations in the shepherd's-check woollens—gold

and royal cardinal, olive and crimson, blue and écreu forming some of the prettiest checks. Narrow velvet ribbon is the approved trimming. In camel's-hair goods are shown attractive designs in blue, beige, or écreu grounds, with hair-stripes of gold or brilliant cardinal crossing them. The trimmings of velvet upon the collar, revers, and cuffs follow the color of the hair-line with pretty effect. Nearly all the plain woollen goods have a corresponding fabric either checked, dotted, striped, or sprigged, to be used in combination; and as yokes, tiny vests, plastrons, and panels are in as general use for the little folks as for their mothers and aunts, small remnants of figured goods are easily and economically utilized.

The modified Hubbards, snugly gored at each side, have certainly much in their favor to keep them popular; which reminds us that a lady writes to ask just how long, in correct taste, she can dress her baby-boy in Hubbards. Little boys may wear the Hubbard properly until they arrive at the dignity of doublet and hose, or, in other words, until they assume the modern equivalent of kilt and blouse, this change of attire usually being made at about the age of three years.

B. Altman & Co. show some attractive fashions and fancies for children, with a promise of novel and natty things to follow. In the styles shown at present the one-piece dress and the little jersey suits seem to predominate. Kilt skirts are sewed to jersey waists, these matching or contrasting in color, the joining hidden by a draped sash of either one of the materials. More dressy jerseys are made of exquisitely fine Austrian wool, the shade of the surah or velvet kilt, and the jersey is decorated with either of these materials to match.

One of their little utility-dresses, which is here illustrated, is made of dark ruby vigogne, with full skirt plaited with drapery above. The bodice portion buttons slightly diagonally across the front, with a trimming of fine, narrow military braid in ruby and gold as garniture. A pretty, cool dress, to wear without extra wrap

until severe cold weather, is made of fine woollen goods, combined with silk and wool broché goods in brilliant Pompadour colorings. The back is cut in *princesse* form and laid in extension plaits



below the waist. The front is double-breasted, with a V-shaped vest of the broché goods inserted at the neck and cut off short below the waist, where a kilt skirt is added that joins the back at the side-seams; the collar and cuffs are of the same material as the vest. Another model has the coat fastened at the neck, and cut away over a Molière and skirt of cream and blue striped wool, with a blue velvet belt buckled in front. The lower end of the coat is cut in points and bordered with white silk braid, with collar also Vandyked and likewise trimmed.

Stripes look well on little children, and these fabrics are shown in even gayer colorings than the plain goods. One 'cute little suit, noticed in a leading house in Twenty-third Street, was in *bayadère* or crosswise-stripes of brilliant red and pale fawn color, the skirt bordered with a three-inch band of red velvet. The blouse buttoned in front, with marine collar bretelles and cuffs, velvet-trimmed, and there is a good-sized velvet bow set two or three inches below the waist in the back, holding the ends of the apron-draped sash of the goods. A little fawn-colored *sacque en suit*: was lined with red, with finishings outside of red velvet. Another tiny dress shown at the same place was made of white serge, in Hubbard fashion. The yoke, however, was oddly made of dark blue velvet, with the tiniest of velvet cuffs at the wrists. The garment was small enough for a three-year-old.

It seems inappropriate to put even this little amount of velvet upon a child, yet many suits in various establishments are so adorned; and a Parisian fancy which is likely to have a wide following this autumn is the wear, for little boys and girls, of suits of silk velvet or velveteen of the "Court" brand in black or deep rich shades of golden brown, blue, garnet, wine, or Russian green. These garments are further enriched in appearance by extremely deep and picturesque Charles IX. shoulder collars of lace, with pocket-flap covers, and turn-back cuffs to match of cream-colored Irish point, Richelieu, Russian, or point de Venise designs. The quaint little English "pinafores" are also revived, and these are to be made not only of dainty or practical apron fabrics, but also of silk and velvet, and cut low in the neck, with short sleeves and sash back, to be worn over *princesse* dresses of plainer fabric. Another adoption and revival that reaches us from England is the "smock" frock for in or out-door wear, consisting of a single skirt tucked above a deep hem, and gathered full around the neck, and again at the belt, into a wide band. The sleeves are gathered at the top and wrists. One of these "smocks" of *écru* pongee has a herring-bone embroidery executed all over the shirred portions, wrought in cardinal cotton. The original smocks were cut in one piece and had but little "set" to them.

Breton vests are seen upon the majority of dressy suits for the fall. A wool costume from Altman's has a simulated Breton vest which gives all the effect of one regularly made. The model is here given.

It is composed of dark Neapolitan blue camel's-hair. The waist part, both front and back, is laid in a number of fine graduated plaits fastened with red and blue enamel buttons. The plaits in front are decorated with cross-straps of poppy-red velvet, and the sleeves and collar are similarly adorned.

Red will enter largely into the composition of suits for children this season. Red Mother-Hubbard wraps will be very fashionable for little girls. These will be trimmed with silk embroidery of a deeper shade, or with woollen lace in guipure patterns. White serge, faced with cardinal silk, with red silk buttons and gay silk hood-lining to correspond, makes a novel and



fashionable combination for dressy 'long coats. These hoods are seen upon various styles of wraps; they are adjustable, and made bright and pleasing with surah linings either in plaid or some harmonizing color. The serge wrap just described was recently completed for a little girl whose mother had it made to wear with a little gown of white cashmere, which we here illustrate.



The sides of the dress are differently disposed, which gives it an odd effect, Vandykes falling on one side above the lace flounces which covered the skirt, and floating ends of cardinal ribbon arranged at the left. The double-breasted waist is fastened with red silk buttons exactly like those upon the wrap. The design was obtained from a leading house in Paris.

Fall suits for boys will be described in our next number, and illustrations given of some imported dresses from both London and Paris, now on their way to America, which may serve as guides for like costumes or be reproduced in less expensive materials.

INFANT'S SACK OF ZEPHYR AND SILK.

MATERIALS needed: Two ounces-and-a-half of split zephyr; a ball-and-a-half of Florence knitting-silk; three yards of ribbon.

This pattern is simplicity itself, yet makes a very tasteful wrap.

Crochet a chain of 99 stitches of the wool, doubled to strengthen the chain; a frail chain is like an insecure foundation to a building.

First Row—Three double crochet into the fourth loop (put needle under both loops, as it adds firmness), skip two loops, three d. c. again, and continue until you have thirty-one "blocks";

each "three d. c." forming one block. The shaping of the sack and the sleeves is commenced in the second row by a systematic system of widening that, when once understood, renders the whole so plain that no reference to directions can be needed by any one at all accustomed to crocheting.

First remember that you keep *six* blocks, no more, no less, outside of the widening, for the fronts; that each time you widen you should have two more single blocks between the double blocks, made for the widening, than in the preceding widened row. You start with one single block between the double blocks, and in the next row widened there will be three, and so on. Widen every other row for the sleeves, and continue until you have nine blocks between the double blocks; then turn the sleeve together with a chain of six. The remainder of the sleeve is finished after the body is done.

In the back you widen in the middle every third time across; under the sleeve, the same.

Second Row—Chain six, and put three d. c. between each block of previous row, with the exception of five points of widening, as follows: Make six blocks for front, and put six d. c. in next space; make three d. c., then six d. c. (this is the first step toward the sleeve), then three d. c. in each space until you reach the middle block (the sixteenth), then six d. c., then three d. c. until you reach the same point on the other end, where you put the same two blocks of six d. c., taking care that there shall be one block between and six on the outside for the other front.

Third Row—Chain six, and put three d. c. in each space, and three d. c. in the middle of each six d. c.

Fourth Row—Chain six, and make six blocks with three d. c., as before, then six d. c. and three blocks of three d. c., then six d. c., then across, and do the same on the other end for second sleeve.

Fifth Row—Chain six, and put three d. c. in each space, except six d. c. in the middle of the back.

Sixth Row—Chain six, and make three d. c., widening as directed for sleeve—*i. e.*, make six blocks, then six d. c., then five blocks of three d. c., then six d. c., then three d. c., until



the proper place to widen for the other sleeve.

The back will be widened also in the eighth, eleventh, fourteenth, seventeenth, and twentieth rows.

Widen under the arms; make a double block in the eleventh, fourteenth, seventeenth, and twentieth rows, always leaving six blocks for the front.

Before crocheting across the eleventh row "set off the sleeve." With a short piece of wool crochet a chain of six stitches from between the sixth and seventh blocks to between the seventeenth and eighteenth. Then do the same on the other side. This makes the size of the sleeves. The eleventh row goes across these chains, on which are made two extra blocks. Now crochet back and forth, widening as directed under the arms and in the back.

Having finished the body, go around the sleeves with seven rows of three d. c.

Border—Make two long stitches (pulling the threads up on the needle until they are one-half inch long) in each block of the neck, and along the lower edge insert additional ones between the blocks at regular intervals. This loose open work may be made two or three times around the body, and twice on the neck and sleeves. Into this open work put a shell made of eight of these "long" stitches put into one loop, then into third loop put one single crochet, and into third loop from that make another deep shell by drawing out the threads to half-inch in length each time. The shell-work completes the wool part.

With the silk put an edge completely around all the shell-work thus: Into second loop on edge of shell put one s. c., chain two, one s. c., chain two, one s. c.; repeat this tiny silk scallop in fifth and eighth stitches of shell; between the shells put one s. c., and repeat pattern on each shell. Cover the body with chain-loops thus: Lay the work right side out in your lap, and commence a chain on the right-hand side as it lies before you. Make a chain of six and catch down on the chain of wool between the first blocks, pull the thread through tightly with a single crochet, go across the sack, fastening each chain of six between the first row of wool blocks at the neck. Second row of silk loops: Chain three, fasten with single crochet on the outer edge of the sack, chain six, and catch down with one s. c. the first loop-chain of the previous row upon the wool block beneath it; chain six again and catch down second loop of previous row, so on across, and also over the whole twenty rows of the body and upon the sleeves.

This finish of silken chain-loops is quickly understood, and should be of a contrasting color to the worsted: pale-blue silk upon white or buff worsted, or pink silk over pale-blue wool. The satin ribbon should be about five-eighths of an inch wide, and run over and under the long, loose stitches of the border. The sleeves are pretty gathered on the ribbon slightly at the hand, and tied in bows. Tie also at the throat in the same way.

M. C. HUNGERFORD

DRESS NOTES.

A CHRISTENING-ROBE.

One that was but recently made for a baby whose parents are rich enough to make any extravagance possible is an example of simplicity that may well be imitated. All the expense of the dress is in the fine material and delicate workmanship. It is made of the finest quality of linen cambric, and finished on the bottom with a broad hem, above which are eighteen tiny tucks disposed in three groups with an inch-wide space dividing each group. The front of the dress has a long tablier, wide at the bottom and sloping almost to a point at the waistband, and covered with horizontal frills of the material edged with a narrow hem and three tucks. Each ruffle is set on with a narrow band of cambric stitched on both sides and headed by a group of six tucks matching in width those upon the bottom of the skirt. Upon each side of the tablier, following its outline and running up on the waist and around the arm-holes to form bretelles, is a narrow tucked ruffle; and a long and very wide sash of the cambric that is sewed to the under arm-seams has the ends ornamented with tucked ruffles below a hem and three groups of tucks. The waist has a V-shaped piece in front, covered with tucks, and the back is gathered into a band. The dress, being low-necked, is supplied with a little *guimpe* tucked in the neck to form a square yoke. The sleeves are full and gathered at the shoulders and wrists. The object of having a *guimpe* instead of setting yoke and sleeves into the dress is to avoid washing the latter as often as the neck and cuffs would require.

WOOLLEN SLIPS.

The old-fashioned fabric, known to a former generation of shoppers as all-wool delaine, is now sold under various aliases which do not prevent its recognition by those who know its worth, and used in light, plain colors for little slips to be worn with white mull, jaconet, or Nainsook sleeves and yoke. The little dresses, as worn by

baby-girls of from one to two years old, are made of two straight widths hemmed on the bottom and gathered into a band at the top like a chemise. The band is carried over the shoulders to make a shoulder strap, and arm-holes are cut out and faced with the material. With care the delaine will wash very nicely, and must be treated, in the process, like fine flannel. Children a little older have the dresses made with sleeves and yoke like the skirt, and ruffles of the same material embroidered are sometimes added. Worsteds laces matching the dress in color are also used sometimes to gather on as ruffles.

BLANKET ULSTERS.

Now that the cool days of early autumn are coming, it will be well to prepare a little wrap for cool mornings and evenings, and for the purpose nothing is better than a soft woollen coat made of a long-napped white crib blanket. It should

be cut in sack or ulster form, with double-breasted front, closed with a double row of large pearl or ivory buttons. The back is cut with fullness enough below the waist to lay in a box-plait, which is turned inside of the centre seam, a button being sewed each side of the seam. The four or five blue or red stripes which come on the ends of the blanket make the trimming for the coat, and the pattern must be laid on the material, before cutting, in a way to bring the stripes across the bottom of both front and back pieces and on the sleeves at the wrists. These ulsters are suitable for even a very young child—provided it is out of long clothes—as they can be washed when soiled. In selecting a blanket to cut up, it is better to buy one with the nap heavier on one side than the other, as in raising a long nap on both sides too much is taken from the middle, and the material fulls up more in washing than if firmer in texture. H.

NURSERY PROBLEMS.

DENTISTRY FOR INFANTS.

To the Editor of BABYHOOD:

Will you kindly advise me whether it is necessary to give the same care and attention to a baby's first teeth as to its second or permanent ones? I have been told that the first teeth of a child should receive as much attention as its permanent ones, but why I could never find out, nor what relation the former have to the latter. It seems to me, as the two are entirely distinct, if I am not mistaken, that it is an unnecessary expense to parents to spend money on the care of a child's first teeth.

JACKSONVILLE, FLA.

MOTHER.

"The same care and attention" cannot literally be given to first teeth for many reasons. But very much can and should be done. In the way of prevention it should be remembered that whatever impairs the general health, particularly during dentition, may injure the teeth; and, conversely, loss of teeth may injure the general health. Improper food may destroy both health and teeth. In particular we believe that the old notion that candies and sweets are destructive of teeth is sound. Dentistry in the case of young children is well worth the expense, for it is important to keep the jaw full of teeth until the second teeth come. The habit of extracting temporary teeth is very injurious, inasmuch as it

induces the premature appearance of the permanent set of teeth, which push their way into a jaw in which there is not enough room for them.

IS IT A JOKE?

To the Editor of BABYHOOD:

Permit me to ask a question or two much discussed in baby circles among us. A few days ago several young mothers were comparing notes, and one said that her neighbor raised her babies on "sugar-rags," just as her mother did. She makes them of sugar, butter, and bread; and sometimes she runs out of rags and has to borrow or buy new thin cloth for the purpose.

Another thought she had an improvement on this; she bought caraway-seed by the pound, always keeping a full supply of tea made of it in the nursing bottle, which she sticks in the child's mouth whenever it cries and she doesn't want to nurse it. Now, is not either of these as good a plan as the systematic methods you suggest? The babies are good and healthy, and one of them, though only six months old, can eat its soft-boiled eggs three times a day, besides oatmeal and gravy.

We think it a good thing that you are doing so much for the dear little ones, and read every word in the magazine. Excuse my prosiness, but I am like the man who "wanted to know." A. H. FULTON, MO.

Until the receipt of this query BABYHOOD

had imagined that Mrs. Gamp took "sugar-rags" and the bottle of fennel or caraway-seed cordial with her when she retired from this "Piljian's Projiss of a wale." Under her tuition the mother, forty years ago, often made up twenty and thirty of these marble-shaped bags a day, duly stuffed, and kept one in Baby's mouth whenever he was not asleep or nursing. The anise-seed tea was a natural *sequitur*. Infants' stomachs, like those of grown-up glut-tions, will endure much, but the child who alternates the bottle with soft-boiled eggs, oatmeal, and gravy, yet remains "healthy and good," would be a miracle of human endurance. If any or all of these outrages upon the infant population and common sense were "as good as the systematic methods BABYHOOD suggests," the mission of the magazine would be fruitless.

A WAKEFUL CHILD.

To the Editor of BABYHOOD:

My little boy, ten months old, has been accustomed all his life to put himself to sleep both at night and for his day-naps. He has done it cheerfully and happily until lately. He still does it at night, but during the past two weeks he has given me much trouble by day. At the usual napping-time I put him in his crib, darken the room, make him perfectly comfortable, and leave him. Then begin the crying and the various ways in which he protests against the decree which banishes him into dreamland. I try not to be weak, and I pay no attention to crying of ordinary vigor, however prolonged, so the usual result is that he succumbs. But it has happened several times that the crying rose into violent shrieks; he grows fairly purple, and it seems as if his sobs would tear his little body in pieces. I take him up at that point, not because my will gives out, but because I do not know my duty; but I cannot think it right to let him get so excited. He gets so beside himself that it is a physical impossibility for him to stop, I am sure. For an hour after I have taken him up the great, heaving sobs continue, with occasional outbreaks of sharp screaming.

My husband says, "You can't force Nature. He isn't really sleepy, or he would go to sleep without crying. Don't put him down till he is so sleepy he can't keep awake." But he *is* sleepy when I put him down. Of course such screaming wakes him up. And to follow this advice would destroy all the regular, healthful habits of over nine months. He would sleep or not, each day, as he pleased.

Matronly friends say with a superior air: "Oh! crying won't hurt him. Let him cry it out. You must conquer him. If you take him up once you must every time. He'll soon get over it." The crying *must* hurt him when it makes him nervous, excitable, and irritable for hours' after. And I don't want to "conquer" my baby. We are not enemies.

I only want to know and do the best for him. And he does not soon get over it. Day after day I have let him cry himself to sleep, and it is now two weeks, and he is not "over it." I want to be wise in my training of him, and I am ignorant. Can you help a

PERPLEXED MOTHER?

POMFRET, CONN.

The mistake was in taking him up the first time. A child of that age is all too easily spoiled, and one break in the routine suffices to destroy the work of months. Do not put it to yourself that you are fighting with *him*. You are intent upon securing his real good. Reduce the case to a simple statement: "Baby needs the day-nap; he thinks he does not. I, who am older and wiser, know better. Is it better for him to have his way, or that experience and love should prevail?"

It might be well to depute some one else whom he knows and likes—your mother, sister, or sisterly friend—to superintend this business of putting him to bed until he has forgotten that mamma, on several occasions, let him get up because he cried. A change of administration sometimes works wonders in nursery politics.

AN OLD SUPERSTITION.

To the Editor of BABYHOOD:

I write to ask whether there is "rhyme or reason" for the superstition among old-fashioned nurses that to cut a baby's nails during the first year of its life insures its being a thief when grown?

Is there any sensible foundation for this fixed belief, or can you tell me how such an idea originated? Is it any more harmful to cut a young baby's nails than it is "to bite or pull them off," as my nurse advises me to do? An answer is respectfully solicited by

A NEW SUBSCRIBER.

The superstition is very old and as devoid of "reason" (of "rhyme" there is more than enough) as the ancient practice of passing a sickly child through a cleft ash-tree. Still more stringent than the injunction not to cut the infant's nails during the first year of his life is that specifying on what day of the week this should be done, especially when it should *not* be.

"Better a child had never been born
Than cut his nails on a Sunday morn,"

says one couplet.

The German peasants attribute a child's habit of stammering to disregard of this warning. A North England belief is that if the first clippings of the yearling's nails be buried under an ash-tree he will become a fine singer. Reason

stamps these, one and all, as absurd. The practice of tearing off or gnawing down the tender nails leaves them sharply ragged. Painful hang-nails are also often the result of this barbaric usage.

BABYHOOD CONDEMNED.

To the Editor of BABYHOOD:

Women didn't use to be editors when I was young, but that was before they took to bringing babies up by machinery. I make my home with my married daughter, and she takes BABYHOOD. Her twins were a year old the 10th of June, as fine boys as ever you saw. I presume likely *you'd* be tickled to death at the proceedings there is with that pair. They eat, sleep, go out of doors, are washed and dressed, and I an't sure but they breathe, by clock-work. If their mother was Joshua, she'd make the sun and moon stand still, if she thought the day wasn't long enough for her to do her duty by the blessed creatures. Her life is spent in taking thought about what they shall eat, and what they shall drink, and wherewithal they shall be clothed. Whatever the cranks in your magazine may say, I don't begin to believe it's a mite better for the children than the old-fashioned style of letting them eat pretty much what they wanted and whenever they were hungry, and sleep or not as they pleased. I had ten and raised six that way. Babies are well enough in their place, but you can make too much of a good thing. They've been born and they'll die at the same rate, I guess, to the end of time, whether the mothers take BABYHOOD or not. Like as not you won't print this, because it don't flatter you up and because I am

AN OLD-FASHIONED MOTHER.

FITCHBURG, MASS.

On the contrary, "An Old-fashioned Mother's" note is most welcome. The crack of a whip about the ears is sometimes rather pleasantly exciting than otherwise, and there is a tiny snapper of truth on this one which should not be disregarded. Many mothers *do* make bores of their children by keeping what this grandam calls "machinery" always in sight. They belong to the Fairbairns school of Miss Ferrier's novel. In becoming parents they cease to be anything else. Nevertheless the death-rate among infants is lowered by obedience to the

rules this correspondent considers absurd. The child who is fed and tended in accordance with the hygienic laws of to-day is healthier and happier than was his grandfather at the same age, unless he may be a prey to some congenital infirmity, bequeathed, perhaps, by that very ancestor. This is sober fact, not a "crank's" theory.

AN ADHERENT OF "THREE MEALS A DAY."

To the Editor of BABYHOOD:

When my baby was little I tried to give him his bottle once in two hours, gradually extending the time to three. I did this with much trouble, often failing because the child seemed so hungry. When he was nine months old I read a pamphlet published by Fowler & Wells entitled "How we Fed the Baby." This induced me to give him only three meals a day. This change was easily made, and, although he knows how to get bread from the box, he rarely eats it unless I am late with his meal.

He is now much better in every way than before. He is stronger, better natured, rarely wakes at night, and then is easily soothed, besides taking better naps during the day. He is cutting teeth rapidly and with almost none of the disturbances usual at his age, whereas his first teeth came with much trouble and some sickness.

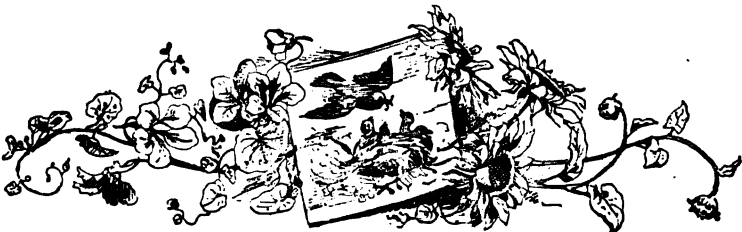
My authority claims that the three-meal system is the only right one, even for the youngest babes.

The questions I have to ask you, and which I hope to see answered in your excellent magazine, are these:

Do you *know* of the three-meal system having been tried with new-born babies? If so, what was the result?
L. R. S. U.

TEXAS.

We have never known the three-meal system to be tried with new-born babies. The three-meal system for adults is adopted in this and some other countries because it best suits the hours of occupation; but the hours of meals, the time of day when the principal meal of the day should be eaten, and many other things, are matters of arbitrary arrangement in different countries and different parts of the same country. We can think of no reason that would justify subjecting a new-born infant to this routine.



COMPULSORY KISSING.

"**T**HAT child cannot have a very affectionate nature. See how she turns her face when one goes to kiss her."

How many times have we heard such criticisms of little ones from those who ought to know better, and how frequently those of us who are mothers have been sorely tried by an inability to know what it was best to do in this matter of kissing!

"Come and kiss me, darling," says an adorable relative or friend. The child demurs.

"Go and kiss auntie," mamma remarks coaxingly.

"Come right here, precious, and give me a good smack," auntie entreats. Still no response.

"Do you hear what I say?" mamma asks presently in a tone that means business. Then the poor baby sidles along slowly and reluctantly, and presents her cheek for the caress she despises. Auntie is shocked and disappointed. The little one draws the line at the cheek and sets up a shrill remonstrance when the rose-bud mouth is insisted upon, and the result is general discomfort. Sometimes insult is added to injury by a quick wiping-off of the remains of the obnoxious kiss.

Having a good opportunity for interviewing an intelligent child of four years a short time ago on this subject, the writer took advantage of it, and this was the conversation:

"Grandpa felt very unhappy when you wouldn't kiss him this morning," I remarked tentatively.

"I *did* kiss him," my companion replied. "I kissed him in a clean place right by his ear," she added.

"But, Flossie, grandpa wanted you to kiss his lips," I went on.

"I know it, but I won't," was the decided response.

"Well, why won't you?"

"Because it makes me feel bad right here." And the child placed her hand upon her stomach with a gesture and an expression of countenance which I shall not soon forget. "O auntie! I don't like hardly anybody's moufs. Mebbe their teeths an't brushed."

In talking the matter over with the mother she said to me, with a sigh:

"Now, see what a position I am in. Grandpa has gone away to-day with a real grudge

against me for not compelling Florence to kiss him as he wished to be kissed. He told me I had 'no government whatever,' and that children who were allowed to have their way in such things were always disliked by everybody. Also, that he had heard several people remark that Florence was anything but an agreeable child. Now, I know how she suffers, for I can remember my own unutterable agony when I used to be compelled to kiss everybody who came to the house. There were some excellent people—indeed, the very salt of the earth—whom I learned to hate solely on this account, and I dislike them intensely to this day. Flossie is learning this lesson of hating, just as I did, and what am I to do?"

It seems to me that sensible mothers should take such matters into their own hands and dispose of them without fear or favor. "My child is not fond of kissing, and you must excuse her if she declines," would soon establish a praiseworthy precedent and relieve the little one from the obnoxious and everlasting teasing.

Some mothers are wise enough to decline to have their children indiscriminately kissed even in babyhood. "In order to protect my baby," I heard a mother remark to a gushing visitor one day, "and in order to be perfectly fair to every one, I have made a rule to have my baby admired at a distance. If I allow kissing and squeezing from one person whom I know I can safely trust my child with, then I offend some good soul whose contiguity I object to."

This parent did not need to tell me that she had undertaken a hard fight, or that she had become exceedingly unpopular with many of her friends. But she was right, and this was the main point, after all. Infants and young children seem to be regarded by most people as public property, and the child who possesses enough individuality to protect itself from promiscuous kissing is sure to be regarded as a disagreeable, unloving little creature, who, more likely than not, will come to some "bad end."

We all profess to believe in "life, liberty, and the pursuit of happiness." Surely, if we do we shall more carefully guard the lives of our children, and grant them the liberty to choose whom they shall kiss, and make them happy by seeing to it that they are not for ever beset by hunters for kisses.

ELEANOR KIRK.

If my mother thought that the doctor is good for the colic, why didn't she give it to me at once? I would have swallowed it with pleasure, because I know mother never gives me anything but what is good. At any rate, it couldn't be as bad as the syrup. Why did she ask the nurse? She might have known that if the nurse thought the doctor was good for me she would never have given it to me, she is so contrary.

The nurse answered my mother and talked a long time. I can repeat her words, but I don't know what she meant at all. "You must know," she said, "that doctors are against soothing-syrup, and, for that matter, they are even set against catnip-tea. He will come here and say you made the baby sick. I heard a doctor say once he would rather let a child die a natural death than kill it with the syrup; that it contains morphine. What if it does? Don't it quiet the baby? Now, the truth is that doctors care more for a fee than for the mother's comfort. If they had to sit up all night rocking sleepless babies they would do less of their smart talk and say nothing about nurses' nostrums. I have given babies this syrup a hundred times—even when nobody knew of it—and I never knew but two babies to die. Had I told the doctor I had given it he would have insisted they had died of that. As it was, he said he couldn't tell what they died of, you see? I do not know what they died of myself, but one died in convulsions and the other as quietly as a lamb."

While nurse was thus talking mamma would press me tighter and tighter to her bosom. By this time I got hungry, and the milk tasted good, and my mother looked beautiful again—the expression on my mother's face would change so easily. The more I sucked the happier my mother looked, so I sucked on till I fell asleep.

When a day passes without necessities I am glad. For several days I have had rest without being struck by necessities. My mother becomes sweeter and sweeter, and I have got quite well acquainted with my father; I even like him now. My bones don't crack so much at his touch as at first. He now whistles to me (as the noise he makes with his mouth is called). For a long time I did not know what he meant by it, and whistling frightened me: I am always afraid of things I do not understand. My mother tries to whistle, too; she gathers all her face to a point and then tries to whistle, but she

only succeeds in blowing. I am so pleased with the whistle that they say I crow when they do it. My crowing has a strange effect on my attendants. If I crow they try to crow, too, and make such queer faces, and point their fingers at me, and squint and laugh; they even stick their fingers on my ribs and tickle me. I laugh then; I do not want to, but I can't help it. At last I make a strong effort and I cry. This generally stops their punching me.

Father seems very happy to-day; mamma is happy, I know.

Nurse said to papa: "Aren't you proud of your boy, sir?"

"Of course I am proud of him," said he, and up I went in the air, he catching me as I fell.

I was getting a little better acquainted with the air, so I did not mind it. I even like my father's jumping me a little now; but when it does not feel good I screw up my face and he drops me at once. I understand that signal now, and it helps me greatly; I wish I knew a signal that would control my nurse. I understand, too, that jumping me does my father a great deal of good, so I stand as much of it as I can.

"Now, nurse," said my father, laying me down, "do not spoil my magnificent boy with soothing-syrup."

Nurse's face wasn't pretty at any time; it became very ugly after this speech.

I go out every day now, and the world is getting larger and larger, and my room smaller and smaller; but I like it just the same, because here I find my mother. I used to think that everything moved about my room; now I think that everything moves outside of it.

I have some idea of time, too, now; I know when it is time for my milk. If I am kept out too long I make a fuss, and nurse brings me home to mother.

My nurse says that I am drooling and teething. What is that? Another necessity? She says I use so many bibs. I don't; she takes them away. I do not like bibs, for whenever I try to put something in my mouth my bib always goes in first.

Yesterday I tumbled out of my carriage and fell upon my head. I saw stars, and oh! how it hurt. I had a good long cry, but the hurt

would not go away. Nurse took me home. Mamma said I was very hot and must have fever. Nurse said no, I was teething. How teething hurts my head! To-day I feel better, but I do not want anything to come near my head; I am afraid teething might return.

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This has been a remarkable day. I heard mother say: "Nurse, we must get Baby's picture to-day." Such a scrubbing I never had before; my face smarted and tingled for ever so long. Why am I so scrubbed for a picture, and who is this picture I am to be taken to?

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What a time we have had, to be sure! I thought mamma and nurse would fight about my clothes. I was dressed, undressed, and dressed again. I had become so small in my new clothes I could not find myself in the look-

ing-glass. I cannot describe all the things I had on; I only know I was all blue and white, and my head was so big with things that I thought it would drop off. I was carried in arms; mamma said lying in the carriage would rumple my clothes. What is "rumple"? Nurse carried me, mamma carried me, nurse carried me again; what a long time it took to get there! Everybody in the street looked at me. Some said, "What beautiful clothes!" and then turned to look at mamma. We finally arrived; a horrid man met us. He chuckled me under the chin and whistled. I was frightened and began to whimper, when mamma said, "No, no! Spoil Baby's eyes!"

"Better take his cap off," said he.

"Not his beautiful cap!" exclaimed nurse.

"Please take him once as he is," said mamma.

Where was I to be taken to?



NURSERY HELPS AND NOVELTIES.

This department of BABYHOOD is intended to become a record of novelties and inventions in nursery furnishings—not necessarily articles for sale, as appliances of home manufacture are frequently quite as valuable as those which are placed on the market. Communications from subscribers which are accepted for this department will be paid for at the same rate as other contributions, the object being to stimulate a willingness on the part of readers to give to others the benefit of any nursery helps which they may have devised. It is desirable that a rough sketch accompany such descriptions as may be illustrated.

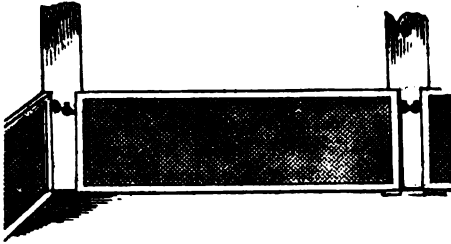
THE HOURGLASS AND THE BARREL.—E. S. K., Morristown, N. J., contributes the following:

"In one corner of my friend Mrs. L——'s chamber stood an article of furniture that had often puzzled me. It was apparently a barrel covered with pretty cretonne; the cretonne was tacked in box-plaits about the top of the barrel and brought down to the middle, where it was secured by a broad satin ribbon that encircled the barrel, and tied in a huge bow in front; from there the cretonne fell loosely till the wide hem hit the floor. There was a flat cover to the barrel, extending two or three inches beyond the edge all around, and covered with the same material with macramé fringe tacked about the edge. On this table (for such it appeared)

stood Mrs. L——'s dainty work-basket. Judge of my surprise one day, when, passing Mrs. L——'s door, which was ajar, I saw Master Harry's head and shoulders appearing above the barrel, with his big brown eyes fixed intently upon a minute-glass just opposite. Then I began to understand the puzzle. Later Mrs. L—— told me that it was the only punishment she resorted to, and, taking off the top of her sewing-stand (*i.e.*, the barrel), she showed me that it was carefully lined to save the soft fingers from splinters or accident of any kind. 'When they are naughty in a way that merits punishment, I put them, or rather have them *get in*, if they are large enough, and then I put the minute-glass where they can see it. If all goes well the time is short, but if they are rebellious the glass turns

a somersault and so many minutes are added. It cannot hurt them,' she added, 'and I cannot be hasty and have to repent.'"

A BABY-PEN.—"B," Marietta, Ga., contributes the following: "My wife wishes me to describe what I call by a homely name, a 'baby-pen,' which we have arranged on our piazza. It permits of the babies having free liberty in



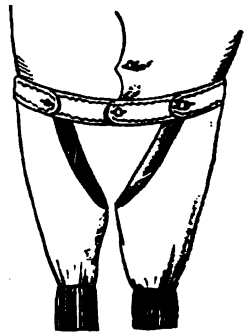
their play, while mamma, papa, or auntie, or whoever has them in charge, is enabled to dispense with the constant surveillance so often necessitated by the fear that Baby might break his neck by tumbling off the piazza if we put him down for a minute. Open fence-wire with an inch mesh, and two feet in width, was put into frames long enough to lap upon the inside of the pillars supporting the piazza-roof. The frames are hung on curtain-hooks screwed into the pillars, the screw-eyes being in each end of the frames, which are so hung as to rest on both the eyes and small step-blocks, half an inch in thickness, nailed to the under-edge of the frames at both ends. These frames then constitute the front fence, while from the last pillars at both ends of the enclosures similar frames are hung, reaching to the house-front. These frames, being light in weight, are easily removed by raising the eyes off the hooks, and may be tied together at the eyes and converted into an enclosure which may be placed under shady trees or upon a lawn, giving the little ones change and variety. Baby does not feel imprisoned, for he can see out, and the wire netting interests him. He will clutch and pull at it, examine and finger it, and, after creeping-term, will pull himself up by it and walk holding on to the frame and netting. The half-inch space under the frame is sufficient to sweep dirt under, but not large enough to let toys through. We have taken so much comfort from this inexpensive and simple device that we doubt not others may do the same."

REPOSITORY FOR SOILED LINEN.—A simple article of great convenience in the nursery is a pocket into which may temporarily be placed small garments that are slightly soiled. It may be made of two pretty towels. Do not cut the fringe which connects the pair, but baste the towels together, putting the edges exactly even; then stitch them together just above the border, sew the sides up "over and over," then turn down the top of the bag thus formed so that the fringe and border will make a pretty heading. If you desire you can make a shirt, and draw broad scarlet braid through to hang the bag up by, or sew two or three curtain-rings to the side which is to hang next the wall. Pockets made in this way can be washed, and so are entirely unobjectionable.

FOLDING RACK.—Mrs. E. H. M., Lewiston, N. Y., writes: "The most convenient rack for the nursery I have ever seen consists of four leaves folding forward and backward, each leaf having three fixed and (save one) three movable bars, all a little more than half-an-inch in diameter. The movable ones lock into any of the uprights, so that the shape of the rack may be altered at pleasure. We have twenty-one bars for drying, and the whole may be folded up into a space one yard high by one-half wide by two inches thick. The article is of white wood, is furnished with casters, and costs \$1."

NOVEL DRAWERS FOR INFANTS are thus described by M. C. D., Hartford, Conn.:

"I should like to tell your readers my experience with a novel kind of merino drawers for infants. They are made in sizes to fit children from six months to three years of age. They are designed as a covering for the limbs only, and are made in two separate parts. They are neat, warm, and comfortable, easily adjusted, can be fastened to waist or undershirt with safety-pins or buttons, and are not liable to be soiled.



My two-and-a-half-year-old little daughter has worn them since she was seven months old, and has never had a cold. They are manufactured by Flavell Bros., of Germantown, Pa."



THE MOTHERS' PARLIAMENT.

COMMENTS ON "EXPERIENCE."

To the Editor of BABYHOOD :

I am glad that some of your valuable columns are thrown open to mothers. Here we can help each other, not so much by telling what ought to be done as by relating what has been done, and with what measure of success. I desire to thank "Experience," of St. Louis, who gave good suggestions in the July number.

I have one child, who was one year old July 27. Since I had no mother, elder sister, or aunt, who could be drawn upon for advice, I was largely shut up in my own ignorance. I had, therefore, to feel my way carefully day by day into methods and ways best for the health of the little one.

As to (No. 1) of the points mentioned by "Experience," I should agree decidedly with her that a wardrobe for a coming baby should contain fifty or sixty napkins.

For my baby there were more than six dozen ; and it was a great comfort to stand by that chest of drawers and turn over the sweet piles, and reflect that for the two years required Baby would need no more prepared. Napkins, of course, are washed daily—that is, carefully rinsed and prepared for washing and ironing ; but no nurse will leave her necessary duties to do up napkins for a child to use, at once. Besides, they should be most carefully aired after ironing, or Baby's health would suffer. More than all, it is a shiftless, hand-to-mouth existence to have but two dozen, and leaves no margin if Baby or nurse should be ill. Of all things, young mother, don't *you* try it ! Be sure, as "Experience" advises, to cut up some old table-cloths or linen sheets for the first smaller ones ; for nurses, even trained ones, do not always remember to tell you what to provide. And let every napkin (except the old linen ones) be washed over and over before pronounced ready to put aside in the wardrobe for the coming Baby, as they are by that process only rendered pliable and soft for the tender skin.

(No. 3.) As to Baby's underwear. I would tell "Perplexity" and "An Inexperienced Mother" what my baby wore. At first the soft, hand-knitted shirts ; then fine merino seamless ones for winter ; in the warm, even days of May I changed to those of light, medium thickness, two-thirds wool, and seamless ; and now in these hot days Baby is wearing thin gauze ones, *all high-necked and long-sleeved*. Sudden changes of temperature are so common with us that Baby's neck and arms must be covered. I can only state this particular baby held her own through a Boston winter, going out every pleasant day, and scarcely knowing what the word "cold" meant.

(No. 5.) I provided, in my inexperience, flannel bands with feather-stitched hems or binding. As soon as possible I cast these aside, substituting strips, unhemmed, of flannel. I should advise every young mother to keep a large piece of flannel by her, tearing off, as needed, the requisite length and width. If nothing more, this is economy. When the child is a few months old little tabs of flannel should be sewed to the centre of the back and to the front of band ; to these tabs should be pinned the diaper. This keeps the band down nicely in place.

MRS. H. M. L.

BOSTON, MASS.

THUMB-SUCKING.

To the Editor of BABYHOOD :

In your issue of August I see, among "Nursery Problems," that of thumb-sucking discussed. I have had large experience of that in my own family. My eldest son sucked his thumb in infancy, but was broken of it when he was about a year old—or we thought he was. But the necessity of having some outlet for certain mental conditions remained. When he was fifteen I noticed one day that his coat was out at the lappels, and, inquiring into the cause, found that the boy had, in his perplexity over algebraic problems, gnawed his coat till it was past mending.

Though he is now past twenty-five, he must have something to toy with or a stick to chew when he is thinking.

My eldest daughter sucked her thumb till she was ten years old. I tried quassia and other bitters in vain; tied up the thumb in vain. Finally I promised her a wax doll, and patterns for a wardrobe for it, if she would break the habit. She did so. Now she is grown and married, but she cannot sit down quietly and hold her hands; she must have crochet-work or fancy-work of some sort to occupy her all the time. The father of these children sucked his thumb in his infancy, and as long as he lived, when he was worried about anything, would bite his fingers until they suggested the need of court-plaster.

I think the habit of thumb-sucking grows out of the constitutional needs of the child. My youngest son, an incessantly active and bright-minded little fellow, in the brief intervals of quiet he permits himself, sucks one of his fingers. It seems to comfort him; and as I have never had any ill results in my family from this thumb-sucking, I do not very much discourage it. When the children get out of childhood they learn how to manage their internal restlessness otherwise than by sucking their thumbs.

A MOTHER.

A HOT SLEEPING-PLACE.

To the Editor of BABYHOOD :

A friend of BABYHOOD, in traversing a handsome street in Brooklyn one warm day this summer, came upon four nurses chatting volubly under their parasols. Three perambulators, each holding a sleeping child, stood on curbstone and sidewalk. Two of the occupants were fairly screened by the canopy-tops of the carriages; the face of the third was thus protected, the fat arms and lower part of the body were in the sunshine. The hour was eleven A.M., the thermometer above eighty, although the heat was tempered by the sea-breeze. On the stone steps of the house before which the quartette stood sat a pretty boy of three years old, or thereabouts. Forgotten by his attendant in the excitement of her gossip, he had sunk on the nearest resting-place. His hat had fallen off, his figure drooped sideways, one arm lay at length along the step, his cheek rested directly on the heated stone, just as sleep had overtaken him. The sun beat straight upon uncovered head and lax limbs; the pout of the red mouth

and plait between the baby-brows showed that in dreams he was conscious of discomfort.

The spectator loitered, gazing severely (and ineffectually) at the chattering maids, with their harsh cackle of "says she" and "I says"; walked around the block and returned upon the group in the same place and position. The chatter, the giggling, the strident ejaculations were at flood-tide. The baby who was partially screened stirred and fretted, and the nurse "joggled" the perambulator mechanically while she talked. The sun blazed fiercely on the sleeping boy; big beads of sweat rolled from his face upon his rude pillow, while the mother, in her breezy sitting-room, was perhaps at that instant happy in the thought that her darling was enjoying the freshness of the day, tranquil in her trust in the "faithful creature's" promise to keep him in the shade and not allow him to get overheated!

Has neither police nor pitying public the right to stay slow slaughter of the innocents such as this?

G. S.

"STARVING A COLD."

To the Editor of BABYHOOD :

"M. M.'s" question as to the desirability of "starving a cold" affords an occasion for saying that the widely-misquoted homely proverb has a still more widely-spread misuse and misinterpretation, which makes it desirable to remark that the original meaning of the phrase is lost nowadays. As it originally went the saying was: "Stuff a cold and starve a fever." This meant that by giving a person stimulating food when suffering from a cold, an incipient lung or other fever would thereby be "starved," or killed—the word *starve* in old English having the meaning kill, from the "Anglo-Saxon *stearfian*, to die," as any one may see in so accessible an authority as Webster's Dictionary, where it may also be noted that our modern meaning of "to suffer extreme hunger or thirst" is of secondary application. I have heard this proverb so often misapplied that I should be glad to learn that this explanation has relieved the minds not only of "M. M." but of others who put their faith in proverbs which date, in most cases, from a time when the popular sayings originated in popular ignorance. Surely no one to-day ought to be foolish enough either to "stuff a cold" or "starve a fever" without advice that is based on science rather than an old-wives' saying of the Middle Ages.

E. BRAINERD.

DAILY NEWS OFFICE, PHILADELPHIA.

A CRISIS.

To the Editor of BABYHOOD :

My wife is a subscriber to BABYHOOD. When the first batch of answers to the query, "What ought John Senior to have done?" arrived, our eyes met over the book. Mine were triumphant, hers steady.

We have but one child, a fairy-like girl a year and ten months old yesterday. Up to a date I shall presently name we differed materially in our views as to the management of her. My wife spoke out, pleasantly but decidedly, in answer to my gaze :

"Our May has known no severer punishment than a tap on the fingers, except when I once tied her hands with a handkerchief for slapping me in anger. But I do believe a crisis comes in most children's lives when open rebellion must be quelled, and—*then*—I am afraid, dear, the switch must take the place of suasion."

"In that event," I rejoined, "I shall claim the right to put into practice the excellent precepts laid down by 'M. D.' and 'L. P.' and 'Z.'"

(This was in June, and the rest of the alphabet had not come up with the enemy.)

Before Mark Twain had had his "try," and "John Senior" delivered his well-directed broadside, the "crisis" came. On the 30th of July May's supper of bread and milk, for some occult reason, did not please her, and she began beating it with the spoon, bespattering her bib and the table-cloth. Instantly, as my wife confesses, and I recall, the thoughts of both recurred to the story we had read together. A pretty, expressive gesture from her threw the case into my hands. My raised eyebrows accepted it.

"No! no!" I uttered, "gentle, but grave." (*Vide* June number of BABYHOOD.) "May does not do that!" "at the same time throwing her from a handy" plate the crust of a roll "with which she could play to her heart's content."

"No! no!" echoed Miss May in a different key, and the plashing became pounding.

Gilfillan's bold figure of the "two awful arms of the milky way" was illustrated *in petto* upon our clean table-cloth.

I wiped big gouts of pap from my bosom in saying, "in a tone of sweet but firm courtesy, with a loving smile," "May will please hand papa the spoon!"

"Lem May yone!"—increased energy of manipulation.

It began to seem fearfully probable that our offspring was the "uncommonly rare child that would persistently rebel against" such parental

amenities. The remaining step was "some slight punishment for the offence" that should "suffice to mark the lesson." To this end I arose to take the spoon from her (still "gently"), when *something* awoke behind the baby-eyes; she dashed the cause of offence—carrying a section of the milky way, comet-wise, with it—across the room.

Another extract lent me resolution :

"It is a parent's sacred duty to demand and enforce obedience."

"May, darling," I murmured, "papa *wants* you to pick up that spoon."

"*'On't! 'ON'T! 'ON'T!'*" In shrieking it, she too "stamped"; her fists were clenched into tight balls.

"I shall wait until you bring the spoon to me, my daughter!" I announced. (*Vide* July number of BABYHOOD.) I took a seat in front of her.

"Not many children would long resist the steady gaze, the concentrated will, the unspoken pain of the parent."

May be not; but my small lady was proof against all the steadiness, the concentration, and Heaven knows what depths of unspoken pain I brought to bear upon the case. In sheer pity my wife came to my help. For one mortal hour we labored with our terribly exceptional child. The spoon lay there in full sight, and we recommended it to her by every conceivable device. It was a pretty spoon, a poor spoon, a spoon beloved of us all. She would be a good girl if she picked it up; we should be cut to the heart if she did not, etc., etc., etc.

The final etcetera was an application, swift and not severe, of her mother's suggested substitute for baffled suasion, and was administered by her converted sire. The effect was magical. The vertebrae became limber, the screams softened into whimperings, and in sixty seconds after my fingers grasped the rod the baby scampered over the floor, picked up the spoon, brought it to me, and pursed up the sweetest lips in the world for the kiss of peace, with—"May *dood* now, *dear* papa!"

Will John Senior shake hands in spirit with
R. S. WHITE?

WEANING WITHOUT DIFFICULTY.

To the Editor of BABYHOOD :

I should like to suggest a few ideas as to weaning that have come from my own experience.

When a young girl I was called upon to wean a thirteen-months-old baby whose mother was taken suddenly ill. He had never been fed,

and for twenty-four hours refused food, cried constantly, called "Mamma!" and wore out both himself and me. At last he gave up, and when his mother was able to see him again, at the end of a week, he had learned, with many tears, to eat from a spoon.

When my own little girl was born I resolved to have no such scenes. At five months old I tried to induce her to take the bottle once a day, but she positively refused to touch it. She also refused to drink milk prepared with hot water and sugar, but when the sugar was left out she would drink a little. I made a practice of going out in the middle of the day and leaving her nurse to feed her—for a child soon learns to submit to the inevitable. As she grew older I increased the number of meals and the variety of food. She did not like porridge or oatmeal, or anything sweet, but was fed, besides the milk, on crackers and zwiebacks steamed and seasoned with butter and salt, rice-pudding, beef-tea, rare beef and mutton, and bread and butter.

At eleven months I decided to wean her. During the day I kept out of sight at meal-times, but at night when she awakened and asked for the breast I told her quietly that it had gone away, and offered milk or sometimes water in a cup. The dreaded crying did not take place; the child drank a little and went to sleep. For two or three days she fretted a little and begged when she saw me; after that she appeared to forget it entirely.

It is far kinder to a child to accustom it gradually to taking food, and to let the weaning be done by the mother, than to suddenly take away the breast and the mother, and change all its habits and mode of being.

Crying, in any but a very young baby, who uses his voice in no other way, is a distinct disadvantage, and all our efforts at management should be planned to avoid it.

PHILADELPHIA.

ANTI-MODERN.

LABELLING THE LITTLE ONES.

To the Editor of BABYHOOD :

I see in one of the recent numbers of *BABYHOOD* a suggestion that on the clothing of small children should be plainly written the name of the child and its home address, so that in case of its being lost, or of its meeting with an accident, it could be identified and its friends be informed. Please let me make this additional suggestion—that, as in marking cattle, this name and address be always on the left side, be it under the collar, in the sleeve, or elsewhere. And then if

great publicity could be given to the custom until it became a general remark, "Look on the left side for the name and address," the custom of so marking the clothing would commend itself to the entire community.

If this suggestion meets your approval, please give it place in your paper and so pass the word along: "LOOK ON THE LEFT SIDE."

R. B. LOCKWOOD.

BINGHAMTON, N. Y.

To the Editor of BABYHOOD :

Since the first copy of *BABYHOOD* appeared it has been my standard and guide. I am intensely interested in all its discussions, and would like to offer a suggestion on the "lost child" subject. For obvious reasons I consider the inside lining of the shoe the best place for the name and address. These reasons are :

1st. The letters will not wash out.

2d. A child's shoes are fewer in number than its undergarments and can be more easily marked.

3d. The shoe can be quickly removed, and the mark found without undressing the child.

I hope my suggestion will prove useful. I intend to put it in practice immediately for my own little toddlers.

MRS. S.

NEW YORK.

To the Editor of BABYHOOD :

While leaving it to others to suggest proper methods of facilitating the identification of lost children, I wish to say that as soon as a child arrives at a speaking age it ought to be taught and made to repeat, in answer to a question, the name of the street in which it lives. This can be learned long before the child can remember the number of the house in which it lives, and would be sufficient in nearly every case to insure the restoration of the child to its home. H.

UNION CO., NEW JERSEY.

A GOOD SUGGESTION.

To the Editor of BABYHOOD :

Our sick baby made us think of the little ones dying by hundreds in the cities. Doubtless our husbands help the "Children's Aid Society," "Fresh Air Fund," etc., through the daily papers; but I wonder if busy mothers who spend more time over *BABYHOOD* than the newspapers, would not be moved to lend a helping hand if they read in your pages something of the Coney Island Sanitarium, and knew that four dollars would give a mother and baby sea-breezes for one week.

M. S. D.

ORANGE, N. J.

THE NURSERY CATCH-ALL.

—Nursing-bottles, and all vessels in which milk for infants is kept, also strainers through which it is to pass, must be *entirely free* from every clot and particle of the old milk emptied from them before a fresh supply is put in. It is well to have two bottles for Baby's use, and, after cleaning, to dry one in the sun while the other is in the nursery.

—Give Baby plenty of light and sun-warmed air. He will bloom and flourish in it as do roses and peaches. It is worse than putting a candle under a bushel to shut him up in the gloomy rooms affected by his elders in summer weather. The shade of growing boughs is more wholesome for him than that of bowed shutters.

—Unless a potato is ripe, not too old, and mealy when it is cooked, it is almost as indigestible for a young child as wax. Before giving him even mealy potatoes mash them thoroughly.

—It is no sign that a baby is healthy when he is very fat and "eats like a pig." "Chunky" children, overladen with adipose tissue, are more apt to be quiet than those who are reasonably plump, because the whole system is lethargic. Such babies should not be fed too often or too heavily, ought to be kept in the open air as much as possible, and as soon as they can run alone be encouraged to take gentle but frequent exercise.

—The habit of treating Baby to a lump of sugar or a teaspoonful of pure granulated sugar from the bowl on the coffee-tray when he is brought to the table, may not be injurious, but it is useless and creates one more want to be gratified. The simpler his tastes the happier he will be.

—Lift a baby's carriage gently over curb-stones at street-crossings, and on country roads choose smooth ways. The nurse who drags the vehicle containing a miserable infant down the steps of porch or area is so inhuman or so ignorant that she merits instant dismissal. Serious disorders of brain or spine may result from the act.

—While it is undoubtedly true that every mother's baby is the prettiest and brightest in the world, the adoring parent should repress praise of his personal gifts in his hearing. At an amazingly tender age he enters into the full meaning of these, and she finds herself the proprietor of a vain little monkey whose posturings and airs make her ashamed of him, if not of his mamma.

—Begin to keep Baby's teeth clean from the time they appear, and never remit the care of them for a day. A healthy child should not suffer from the aching of his deciduous teeth. The decomposition of food left between them causes decay. There is a neat little implement called a tooth-syringe, which keeps clean the spaces on the inside as well as the outside of the teeth. There is no reason why the first set should not be perfectly sound when they are shed.

—Raw, rich milk, unmixed with water, may fatten a baby rapidly for a short time, but is almost sure to produce biliary derangement or cutaneous eruption after a while. The "casein" of cow's milk is largely in excess of the proportion of the same in mother's milk, and less soluble. Even when diluted with hot water, it is sometimes necessary to add an alkali (lime-water, for example) to promote the solution of the casein.

—Painted toys, whether of rubber or wood, should not be given to a child until he has learned that not everything he handles need go into his mouth. Candies are poisonous for a baby, even if not colored.

—Treat a bump on the head or a bruise on any part of the body with *warm water*, as hot as can be borne with comfort, and not, as used to be the custom, with cold. Hold a sponge to the bump on the forehead, squeezed slightly, that the dripping may not irritate the patient, and, as it cools, dip it again in the warm water.

—It cannot be too often repeated that *no* farinaceous food should be added to the child's natural aliment (mother's milk, or equal parts of unskimmed milk and boiling water, slightly sweetened) before the salivary glands begin to act; until the teeth "start" in the gums, Baby's mouth is dry. The mother should accept this as a sign that no liberties are to be taken with his digestion.

—Let it not be forgotten that on rainy days, even in summer, babies need to be housed; also on foggy mornings and evenings. If the storm lasts all day, it is well to undress the little one in a room where there is a fire. The "blaze of two sticks" comes in pleasantly here. The child's night-clothing and sheets should be hung before it until thoroughly dry. The caution in this respect will often avert the danger of summer colds.

NURSERY HUMOR.

"ROBBIE," said the visitor kindly, "have you any little brothers and sisters?" "No," replied wee Robbie solemnly, "I'm all the children we've got."—*Exchange*.

NURSE: "Come, Willie, didn't you hear your mother tell you to come right into the house?" Willie: "Stop 'minding me of it; I'se twying to fordet it."—*Exchange*.

"O TOMMY, that was abominable in you to eat your sister's share of the cake." "Why," said Tommy, "didn't you always tell me, ma, that I am to take her part?"—*Exchange*.

"JAMES, did you divide your paper of chocolate with your brother?" "Yes, certainly, mamma; I ate the chocolate and gave him the motto—he is fond of reading, you know."—*Exchange*.

LITTLE ELSIE came home overjoyed from a children's party. "Just think, auntie, what good things we got: we had cherry cake, with the cherry-pits already spat out!"—*Fliegende Blätter*.

A LITTLE four-year-old girl in this village asked her mother if people talked much when they were drunk. The mother replied in the affirmative, when the little one asked: "Mamma, are you drunk?"—*Canajoharie Courier*.

A LITTLE girl, aged three, asked her father for more candy, but was told to wait until to-morrow. Looking out of the window for a few moments, she suddenly called out: "Papa, it looks like to-morrow now."—*Ithaca Journal*.

A LITTLE grammar is a dangerous thing: "Johnny, be a good boy and I will take you to the circus next year."

"Take me now, pa; the circus is in the present tents."—*Boston Budget*.

THE little one, being a guest of her grandma, had been liberally feasted, when a second dish of pudding came on. Looking at the steaming dish, she exclaimed, with a sigh: "Say, gran'ma, I wish I was twins."—*Exchange*.

A SUNDAY-SCHOOL teacher asked a little girl of her class if she had been baptized. "Yes," exclaimed the little girl, "two times." "Two times! Why, how can that be?" exclaimed the teacher. "It didn't take the first time," said the little girl.—*Ex*.

"LITTLE girl, do you know whose house this is?" asked a solemn-looking man of a bright child seated on the church steps. "Yes, sir; it's God's, but He an't in," she added, as the old gentleman was about to walk up the steps, "and His agent's gone to Europe."—*Christian Advocate*.

JOHNNY wanted to go to the circus, and his father said: "Johnny, I'd rather you'd go to school and study, and may be you'll be president some day." Said Johnny: "Father, there are about one million boys in the United States, aren't there?" "Yes." "And every one of them stands a chance of being president?" "Yes." "Well, dad, I'll sell out my chance for a circus ticket."—*Exchange*.

A LITTLE, squint-eyed Chicago boy pranced up to his mother and said: "Ma, han't I been real good since I've begun goin' to Sunday-school?" "Yes, my lamb," answered the maternal fondly. "And you trust me now, don't you, ma?" "Yes, darling." "Then," spoke up the little innocent, "what makes you keep the cookies locked up in the a as ever?"—*Exchange*.

"MAMMA," inquired Bobby, "do only good little boys go up to heaven?" "Yes, dear." "And bad little boys to the bad place?" "Yes." "I'm a good little boy, an't I?" "Sometimes, Bobby, and sometimes you are quite a bad little boy." Bobby thought for a moment and said: "Then I s'pose I'll have to spend a part of the time in one place and part of the time in the other."—*Exchange*.

"WHERE were you last Sunday, Robbie?" asked the teacher of one of the brightest scholars in her Sunday school class.

"My mother kept me home."

"Now, Robbie, do you know where little boys go to when they play truant from Sunday-school?"

"Yes, ma'am."

"Where?"

"They go fishin'," exclaimed the boy.—*Nashville Budget*.

TREATMENT OF INFANTS.—"You should have a thermometer to ascertain the proper temperature of the water," said a fond mother to the colored nurse who was giving the baby a bath.

"Whaffor?"

"To tell when the water is too hot or too cold."

"Don't need no sich dockermert. Ef de chile turns blue de water am too cold, an ef hit turns red den hit am too hot."

And now the colored lady is open to an offer.—*Exchange*.

A COMPLETE GIVE-AWAY.—Mrs. Peterby was making a neighborly call on Mrs. Simson. While they were chatting together little Mamie Simson was seen coming toward the house with a package in her hand. "Mamie is such a smart child; she is too smart for her age. I often send her to the grocery on the corner with a twenty-dollar bill, and she always brings back the right change." Enter Mamie, who runs to her mother and says: "I got the coffee from the grocery, but the clerk says if you don't pay last month's bill you can't get anything more on credit."—*Texas Siftings*.

DANIEL TRAVELLED WITH THE SHOW.—"Can any little boy or girl tell me why the lions would not hurt Daniel?" said a gentleman addressing a Sunday-school.

"I know," said one bright little fellow, holding up his hand.

"And what was the reason, my little man?" said the speaker, stepping forward, with his face in a joyous glow. "Speak up loud, so that all may hear you; why wouldn't the lions bite Daniel?"

"I guess it was 'coz he b'longed to the circus."

The sedateness of the occasion was interrupted.—*Chicago Ledger*.

LITTLE SUSIE has a pet cat which is much older than its mistress—so much older, in fact, that it is in an advanced state of decrepitude. Susie heard her mother say that she thought she would have the cat chloroformed. It is hoped the child did not understand the full import of the word; for the next day she went to her mother with the cat in her arms and asked her if she wanted to chloroform it. "Yes, Susie," was the reply, "I think it will be better to do so; you know she is very old and feeble, and doesn't enjoy life much." "Well, mamma," said the little innocent, "don't you think it would be well to chloroform grandma, too? She is very old and feeble, and this hot weather she is awful cross. I don't think she enjoys life, and I know I don't when she scolds me."—*New York Tribune*.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, OCTOBER, 1885.

NO. II.

THE changing season suggests a caution with regard to the chilling of children at night. When the summer heat has abated there follows a period, sometimes prolonged quite into the autumn, during which sharp variations of temperature take place. The days are often still hot, and the nights cold and perhaps damp. A chill at night is very frequently followed by illness, particularly by bowel difficulties. A little precaution may save a good deal of trouble and anxiety. The diet of the end of the day ought not at any time to include articles of slow or difficult digestion, but this rule is especially to be attended to at this season. Those children who are old enough to play out-of-doors should be called into the house early enough to get over the heat of their play before being put to bed. This precaution, with sponging if necessary, quiets them so that their sleep will be the more peaceful and they will be the less likely to toss their coverings off and invite the chill. Moreover, the night-clothing should be so arranged as not to be burdensome or easily displaced. Provisions against draughts, while free access of air is admitted, should also be made.

A recent case within our knowledge, in which diphtheria developed upon what had been believed to be a simple quinsy, suggests a few words regarding the duty of isolating any case of sore throat where there are other children in the house. Without entering upon any disputed points regarding diphtheria, it is generally agreed that the distinctive visible sign of it is its peculiar

membranous deposit. A case may present clearly the conditions of a "common sore throat," and subsequently diphtheria be unmistakably present. For our purpose it is unnecessary to discuss whether such cases are diphtheritic from the first or become so. The point for parents to know is that the sequence of dangerous symptoms upon those apparently slight is not uncommon, and that it is better for them to isolate a child fifty times unnecessarily than to be neglectful once. We would urge, then, that, if at all possible, every child suffering from sore throat be isolated until it is distinctly convalescent.

Physicians are often embarrassed, in urging the isolation of patients, by the timidity or suspiciousness of parents. If in such a case as has been described the physician recommends the precaution of isolation, the family, if of the timid type, is at once thrown into a panic, assuming that the physician really considers that the case is diphtheria or that he expects it will prove to be, and that he is concealing the facts, while really he is only taking proper sanitary precautions. Other persons, on the other hand, immediately interpret the physician's frank statement of his reasons for isolating a supposed simple case as an evidence of want of knowledge on his part. They apparently think that to the properly-educated physician diseases are as distinct and as easily discriminated as coins of different denominations. With such people the only course is to strongly advise isolation, and to give the reason for it, and to let them take the responsibility of neglecting

suggestion if they choose to do so. Intelligent people usually are grateful for the warning, even if it prove to have been unnecessary, and although they sometimes chaff the physician as "fussy."

Parents and teachers need to exercise patience and tact in dealing with children newly returned from country vacations. Joined to a certain stiffness of mental action which is the consequence of prolonged respite from work, is discontent at the sudden change of outward conditions. Town is prison; lessons, as did poor Jo's failing breath, "draw like a cart." Childish losses seem irreparable to the inexperienced sufferer whose memory can just span the chasm between one Christmas and another. The months dividing him from "next summer" are so many and tedious that his courage fails him in the prospect. Much that passes for "naughtiness" may be excused on this account until time has weakened the pain of parting from country joys, and habit lessened the irksomeness of set tasks.

A correspondent affirms that on a recent festive occasion she counted directly in front of her residence in a large city *thirty-four* infants in the arms of women packed on curbstone and in gutter awaiting the arrival of the procession. Luckily, the day was fine. But no stress of weather keeps a certain type of mother within-doors when she wants to be abroad. She shoulders her "encumbrance" directly between us and the window in which are displayed fall fashions and Christmas novelties; hushes him with sibilant breath during music "rests" at a popular concert; trots him placidly in the church-gallery while he wails dissent of speaker and occasion. You meet her at railway stations, plying the luckless infant as a battering-ram to secure precedence for herself in the solid crowd; in street-cars she is ubiquitous—everywhere imperturbable so long as she has a good place for seeing and hearing. With the circus season she comes out in strength, industrial exhibitions almost as strenu-

ously: She is always aggressive, usually triumphant; the baby is asleep or vociferously miserable. As a popular subject illustrative of woman's rights and babies' wrongs, BABYHOOD offers this specimen of the mother-sex to Valentine or Rogers.

"The greatest damage to the eyes of students is the protracted effort to focus the printed page. It was simply barbarous the way we used to be 'whacked' in school when we looked off the book. It is easy to the teacher to know the difference between the resting of the eye and the idle gazing around that cannot be allowed."—*Exchange*.

The *manner* of compelling pupils to keep their eyes on the printed page differs now from that herein condemned, but the law is yet in force. Less barbarous, but as hurtful in result, is inattention to the child's way of holding his book and the arrangement of windows in schools. The old general rule that the page should be held as far from the reader's eye as is consistent with distinctness of sight was good. Children never obey it voluntarily. The disposition to bring the book too near the face is universal, and, if not checked, must cause nearsightedness.

The difficulty of saving the lives of prematurely-born children is well known. Within the last year or two Professor Tarnier, director of the celebrated Parisian hospital, "La Maternité," has employed a contrivance for this purpose with which he has had very considerable success. Hitherto very feeble children have been kept alive by enveloping them in soft cotton or wool, or by surrounding them with vessels containing hot water, and the result sometimes has been quite satisfactory. Professor Tarnier's apparatus is called a "*couveruse d'enfants*," and essentially consists of a glass-covered box, not very unlike the "winter-gardens" sometimes used for parlor-gardening. Its great superiority over other methods lies in the fact that not only can the puny infant be kept warm, but the air it breathes can also be kept at any desired temperature; for very prematurely-born children this temperature is between 90° F. and blood-heat. By this means the danger of the

pulmonary complications that destroy many such infants is much diminished. Professor Tarnier exhibited recently to the Academy of Medicine two infants which he had kept in his apparatus for about six weeks and was about to give to a nurse. Both of them had been born probably at the end of the fifth or beginning of the sixth month, and they had weighed between two and two and one-quarter pounds each. One had gained nearly an avoirdupois pound in weight. They had been fed by means of a tube and feeder especially prepared for the purpose; for the first three days about two teaspoonfuls every hour, on the fourth day about a tablespoonful every three hours, and so on, the quantity and the intervals gradually increasing. The food was at first woman's milk; later cow's milk was given in alternation with the breast milk. The details of the plan we cannot give here. Although the circumstances under which it can be adopted are rare, it is certain that emergencies do arise in which such an apparatus as this would be of inestimable value.

Now, when the dazzling tints and deep blue skies of autumn are wooing little wanderers to forest and field, all eager to pluck little shreds off nature's bright raiment, it behooves us to remind parents that this joyous work of spoliation is not entirely without its dangers. In many parts of the country—and this is particularly true of the vicinity of New York—the creeper popularly known as poison-ivy or poison-oak is to be seen growing profusely on walls and fences or the stems of trees, and by the side of the common sumach, so conspicuous by its variegated hues, may be found the poisonous sumach shrub. Little children, especially those from the city, ought to be warned to avoid the plants, whose touch has often converted the pleasures of country vacation into misery.

Another occasion for caution to little ramblers lies in the insecurity of the average rustic bridge. Frequently there is no railing, or, when there is one, it is often so con-

structed that a little child can easily pass under or fall through it. The cost of a light wooden railing is so small a part of the total cost of a bridge that we wonder how this evil can be perpetuated.

"A little Fresh-Air child returned home the other day with a rooster in a wicker-basket. He was overheard at the station remarking to a companion: 'If this rooster doesn't have chickens by next Christmas I'll kill it!'"

This is funny, but it is more pathetic. Without digressing to moralizings upon the ventures of bigger people that promise as fairly to themselves and no better to the impartial looker-on than does our small chicken-fancier's investment, BABYHOOD would indicate to the benevolent a way of gladdening little hearts and brightening poor homes during the winter months. The distribution of flower-seeds and cuttings in Ragged Schools is an established charity in England. Competitive flower-shows are held in the early summer in every village of tolerable size. The merest baby has his pot of sweet basil or mignonette or a hardy scarlet geranium. One window of the squalid room must be washed that the sunshine may get at the plant, which thus becomes a missionary of sanitary reform. The whole family are interested in the welfare of the child's pet. To him it is a continual joy because it *grows* and is his very own. The desire of actual possession is as strong with him as with his elders. If it were oftener innocently gratified there would be fewer "mischievous brats." It is well for our Fresh-Air boy's health that the prospect of chickens is not flattering. Animal pets in close, small chambers are best described by the interpolation of another *s* in the monosyllable. The flower-pot is blessing without bane.

"A pitcher of mignonette
In a tenement's highest casement.
Queer sort of flower-pot—yet
That pitcher of mignonette
Is a garden in heaven set
To the little sick child in the basement."

Thus runs a rhyme which holds a germ of reason and of religion.



FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

THE PRECOCIOUS BABY.

ALL the offspring of some parents are precocious, down to the dozenth reduplication of the original prodigy. As a rule, such lucky fathers and mothers enjoy a monopoly of the knowledge that their children are, without exception, remarkable. Jewellers and fashionable jargon to the contrary, there cannot be a cluster, or even a pair, of solitaires, nor can a unique be repeated. Parental boastfulness in the possession of a whole brood of phenomena may be amusing, and assuredly is tiresome. Further than this it does not require notice.

Walking among my flower-beds this morning, I stopped to admire a bed of zinnias. Not the plants cultivated under that name by our grandmothers—stiff of stalk, the single row of hard-hued petals as prim as if cut out of glazed paper. My beauties are many-doubled and of every imaginable tint, from snow-white to changeable carmine, from straw-color to burning orange. Apart from the rest stood one of dwarfish height, but hale and stocky. On the top of the upright stem was the solitary old-fashioned blossom of the collection. In color it was a dull purple-pink, and the single row of sparse petals surrounded a conical brown heart studded with yellow stamens. It was, to borrow an Irish idiom, "the very moral" of a country cousin at a ladies' lunch in the city. At the height of three inches from the ground a branch shot at a sharp angle out of the parent stalk and overtopped it. The terminal bud of this had expanded into a flower as large and of foliations as prodigal as a dahlia.

The hue was exquisite and indescribable—

rich red-cream in the centre and shading by faint, delicious degrees to the outermost rim of white that was both pure and warm. Each one of the country cousin's kindred had brought forth flowers after her own kind. The poor thing seemed aware of her dissimilarity in this particular, and to stare upward in meek marvel at her ascendant, as if asking by what miracle and why the nonpareil should have sprung from her side.

The precocious baby as often as not owes his being to such an unlikely root. For all we can discover or suggest, he is a freak of Nature. Some occult law of heredity may be answerable for his extraordinary endowments as for the startling loveliness of the queen of the zinnias. His mother's notebook, mental or written, records that, at an age when other babies are phlegmatic lumps of adipose tissue, he "sits up and takes notice" of all that passes in his little world. He is more apt to talk than walk early, has a capricious appetite, and gets along with less sleep than do his brothers and sisters. His eager questions nonplus mamma before he can run alone, and his amazing activity of mind so far overcomes her purpose not to "push him forward" that she does not interfere when he "picks up his letters somehow," makes a poor feint of regret that he "devours every book he can lay his hands upon" by the time he is three years old.

Up to that date he was dependent on others for the information he could not collect by the aid of his eyes and ears, and he forgets nothing thus gained. His memory teems with rhymes and recitations caught from one, or at most two, repetitions in his hearing. All print being now open to him—

as Mr. Wegg has it—his hungering after knowledge is a sort of divine madness. He absorbs it through every pore. It is hardly a figure of speech to say that he *inhales* learning. Kindergarten exercises are a bagatelle, primary departments an absurdity, to a pupil who does sums in fractions in his head faster than his teacher can on paper, takes to languages as wild-fowl to water, and tucks Bryant's translation of the "Iliad" or a volume of Shakspeare under his pillow at night for light reading at sunrise while he is waiting for the sleepy-heads in the house to get up. At school he bears off all the prizes, and while examinations are going on eats little and dreams all night long of the day's tasks and triumphs.

The entire family connection is immensely proud of him and elate with prophecies of his future greatness. Each hamlet has one "coming man" of tender years. He is usually singularly attractive in appearance. If not pretty, he has an "intellectual" look. His eyes tell the story of mental gifts when other features are discreet. Mother and aunts rave over his "spirituelle" expression, and, if he be thin and pale, add "ethereal" to their working capital of descriptive adjectives. His clever speeches are neighborhood *bon-mots* and irrigate the else dusty waste of "Children's Sayings" in the family newspaper. He is trotted out for the entertainment of visitors before he can use his corporeal members in that exercise, is the show-boy of Sabbath-school concerts and infant-school anniversaries.

My pen lags and my heart drops in writing the words. We all know and recollect the victim—the dot, in white frock or velvet tunic, lifted to the front of the platform, which his legs are too short to ascend by the steps leading up from the level of the audience. The tiny figure is thrown into relief by banks of flowers; gas-burners hum and flare overhead; perhaps footlights give back the flash of his wide eyes, betray the nervous pucker of the baby-mouth, the twitching baby-fingers, as he catches his breath under the shock of meeting a thousand eyes focussed upon himself. He stands there gallantly.

The father who sees him through a prism of happy mist would faint, falter, and forget his rôle were he the orator. Everybody is still, some curious, some admiring, more compassionate, as the piping treble, strained as a wren would emulate chanticleer, gives out the twenty, fifty, one hundred lines committed to the phenomenal memory. He does it well. The precocious three-year-old is no parrot, and game to the quivering backbone. His eyes are luminous, the wee pipe is marvellously modulated; he makes his pretty, formal bow, and has his draught of sweet poison in the applause that succeeds.

"The beauty of it is that he understands all he says, enters with his whole soul into the spirit of the occasion," says the adulatory buzz into which the clamor subsides.

The *pity* of it! Oh, the pity of it, my sisters! Where is the horticulturist so dull that he does not see to it that his rose-slips are rooted before he lets them bloom, and who does not hold back young trees from bearing? Where the stock-breeder who would put a yearling colt on the race-course?

It would be demanding impossibilities to warn parents not to feel pride in a child whose mental expansion is rapid and fine. But parental vanity is in excess of affection when sensible people stimulate the already too alert mind to acquisition the specific purpose of which (so far as the child can see) is exhibition.

A bright baby is infinitely more interesting even in his home than one who is a comparatively stolid animal. It is parent-nature and human nature to exult in the ownership of the prize. But before resigning themselves to the indulgence of the natural emotion it behooves his guardians to study seriously the cause and character of the early fruitage.

Dr. Weir Mitchell, in his valuable little treatise on "Wear and Tear," says (I quote from memory):

"Take plenty of wholesome food, plenty of exercise in the open air, and plenty of sleep, and there is no limit, practically, to the work you can get out of your brain."

Remembering that this is written of

grown-up brain-workers, we may yet apply the spirit of the assurance to our baby. His ordinary expenditure of vital and nervous forces is, compared with that of the busiest adult who lives up to Dr. Mitchell's rule, as the speed of light to that of sound. At least half of his life, up to the age of seven, should be passed in sleep. Subtract from the rest the time needed for eating, and you have a remainder that is *all* working-days. He is learning, taking in and assimilating, during every hour of these. There is, practically, no limit to his self-imposed tasks. Your business is to see that his physical system is prepared to sustain the strain, his zeal not being according to knowledge. The restless little feet go until he falls exhausted in his tracks, unless you interpose with compulsory repose. The more restless mind is ever on the stretch, tugging at burdens heavier than it can lift, wrestling with problems he cannot put into words—a very ant in diligence and pluck, without the prudential instinct that makes the insect give over useless effort before strength is gone. These things being so, it is a cruel imposition for you to tempt the worker with additional enterprises, to spur the thoroughbred who always does his best and does not know when he has reached the limit of his endurance.

Teach a quick-witted, nervous infant little that is not really necessary for him to know until he is five or six years old. He will gain nothing and you may lose all by the forcing process. Should his life be spared he will not be the better scholar at five-and-twenty for having read fluently at three. Nature will pause for recuperation at some stage of the race. Hard-wood trees are proverbially slow in growth, and that intellectual development which goes on neither faster nor more slowly than accords with physical vigor can work no harm to child or man. Lay the foundation of bodily health broad and firmly before beginning to build the superstructure of mental endowments.

All precocious babies do not die young, although there is enough truth in the saying, "Too bright to live," to dash with dread the mother's pride in her clever bantling. That

fragile body needs especial care which is the prison of the ardent mind and not the comfortable home in which it dwells without chafing at narrow quarters. Yet premature bloom is not invariably synonymous with incipient decay. As many infant phenomena live to a good old age in respectable commonplaceness as fill early graves. John Stuart Mill, it is said, read Greek at three years of age, his British-oak constitution withstanding the wear and tear of the abnormal intellectual development. One of the most uninteresting men I know, who never, by accident or design, utters aught except the stalest platitudes, revelled in Milton, Cowper, and Spenser at eight, and at ten arose by stealth on winter nights to read Horace in the original by the blaze of pitch-pine knots he had secreted under his bed, and thrust, one at a time, into the fire-place to prolong the illumination.

Each of the instances cited might be multiplied indefinitely by the reader's memory. She need not tax it to invoke the vision of the long rows of short graves, stretching away in mournful perspective, wherein lie the faded "flowers" of countless families.

"Our best and brightest!" The phrase is not trite, read through the tears of her who sets it below the ownerless name of the child for whom her hopes were highest, through whom came her greatest grief.

If, by resolute self-denial of maternal vanity, right judgment of values and results, and submissive co-operation with natural laws, she can keep "best" the casket that holds the "brightest" jewel, our precocious baby's mother will conserve her own peace of mind and protect her darling against himself.

NURSERY COOKERY.—No. II.

FRUIT.

COMMON sense would say that the caution to withhold acid fruits from a nursing infant is absurdly gratuitous. Observation proves the reverse. The unweaned babies of parents who ought to know better are treated to "tastes" and "munches" of berries,

apples, peaches, oranges, bananas, until the little things learn to cry for them as for the candy and sugar that have created a useless craving. Up to the age of two years a healthy child needs little variety in his daily bill of fare, and this small need is provided for by combinations of farinaceous food prepared or eaten with milk. When he begins to eat eggs and meat, fruits aid digestion, cool and sweeten the blood. The disorders that arise from the moderate use of them are generally due to unwise choice of kind and quality. Foreign products, gathered unripe, withered, stale in taste and tough of fibre, or—as is often the case with bananas, plantains, and mangoes—partially decayed, should never be given to Baby. Raisins are still more objectionable.

The first requisite with native fruits is that they should be ripe; the second, freshness and soundness. Dr. Hall, of the *Journal of Health*, used to say that it was not possible for a well person to eat enough freshly-gathered, fully ripe fruit to hurt him. Taking the statement with an abundant pinch of qualifying salt, we find it true that the fruits of the earth have a direct mission to man, the value of which is imperfectly appreciated even by sanitarians. One is tempted to travesty the Missionary Hymn in seeing with what "lavish kindness" the tropics bring forth cooling acids, refrigerant, antiseptic, and tonic, to temper the heated blood and restrain excess of biliary secretions. In our own land summer comes laden with esculents which are a catholicon for the ills provoked by heat. If, with more than "heathen blindness," we bow down tri-daily before the flesh-pot, let us show Christian mercy to our children and not rear them in bestial idolatry.

Pre-eminent among fruits for wholesomeness and nutritive properties, also for cheapness and abundance, are

APPLES.

The tart varieties outrank the sweet in value. The flesh is more tender, the juices promote digestion and are gently laxative. For the babies' eating they must be mellow

and unspiced. Decayed spots are unwholesome in themselves and affect the quality of the rest of the apple in which they appear. Pare the fruit, remove the core and seeds, and give it to the child before it begins to darken by exposure to the air. For a hardy fruit the apple is surprisingly susceptible to atmospheric influences when it has been flayed, changing color and depreciating in flavor in a few minutes, and in half-an-hour becoming tough and flabby. Throw away what is not eaten at once, instead of laying it aside "for another time." For dessert the child can have nothing more toothsome and beneficial. An apple eaten after breakfast or supper will correct constipation; a barrel of Baldwins, greenings, or pippins in the cellar, often picked over and freely used, is better than all the contents of the family medicine-chest as a kindly alterative and general regulator of the system.

BAKED APPLES (TART).

Sub-acid winter apples are nutritious baked whole. Cook rather slowly, that they may be roasted to the heart without scorching. When soft throughout lay in a deep dish, sprinkle with sugar, and set away, closely covered, until perfectly cold. To prepare one for eating, remove the skin, scraping the inside of it with a spoon, that the best part of the apple be not lost. In like manner rid the core of flesh before throwing it away. Cut the crust from a slice of stale bread—Graham bread is best—spread with the apple-pulp, and sprinkle lightly with sugar. Six such slices would be a more nourishing dinner for a day-laborer than the hunk of salt pork and fat-soaked beans or cabbage consumed by him at high noon in all seasons. A couple and a mug of milk are an excellent lunch for a healthy, growing child.

Call it "apple-pie" and he will relish it the more.

STEAMED SWEET APPLES.

As we have remarked, raw sweet apples, the luscious "pound-sweet" not excepted, are less wholesome than tart.

Sweet apples are mellowed and rendered innocuous by cooking, and in this form find a place on the children's table. Core Camp-fields or pound-sweets or sweet harvest apples, without paring them, and pack in a baking-pan. Cover (barely) with cold water, invert another pan over them to keep in the steam, and cook tender in a moderate oven. Keep covered until cold. Eat, removing the skins, with sugar and cream, or with bread and butter without sugar.

PEACHES

are best when ripe, sound, and uncooked. Pare and remove the stones. The notion that the furry skin of the peach helps digestion is as unfounded as that the pits of cherries serve the same purpose.

When there is a disposition to bowel complaint peaches sometimes act as a corrective, while apples increase the disorder.

PEARS.

Pears, especially the coarse-grained varieties, are among the least desirable of the larger fruits for the nursery dietary. If acid, they are drastic; if sweet, indigestible, and sometimes exceedingly astringent. Cooking does not make them wholesome, the sand-like grains remaining unaltered by the process. Whatever may be the digestive capabilities of bigger children, Baby is best without pears.

BERRIES.

Black raspberries and blackberries are such potent astringents that the utility of the extracts and decoctions of both is recognized in domestic medical practice. When perfectly ripe and fresh they will not hurt a healthy three-year-old. They ought, however, to be eaten without sugar and cream, as should strawberries. The smothering with cream is of doubtful expediency when the dish is served for adults. For young children it is positively hurtful.

Red raspberries are less healthful than black. Huckleberries and cherries are laxatives. None of the small fruits are fit for eating when bought in city markets. They are almost invariably more than a day old, have been handled first by pickers, then by packers, and are more or less bruised in transportation. A bruise on fruit is the first stage of decomposition.

GRAPES.

Do not let Baby eat grapes in his own way, nor at all when you are not by. The skins are indigestible, and, in the opinion of able writers on dietetics, the seeds work yet more serious harm. A safe general rule in these matters is that no substance that defies the action of the gastric juices, but is passed from stomach to bowels unchanged, is suitable for food.



THE CARE OF BABY'S EYES.

BY EDWARD S. PECK, M.D.

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EVEN the most superficial study of the visual organs cannot fail to make us appreciate how much care is required to preserve their integrity in early life. Too much emphasis cannot be laid upon the necessity of maintaining habits of cleanliness in the eye-lids, of preserving a parallelism of the optical axes, of guarding against the danger of acquiring a cross-eye, of confining the visual effort to near objects in infant life, of taking proper precautions with regard to the early development of short sight.

Immediately after birth an infant should be kept secluded from the light; but within two days the eyes may be allowed some liberty in a lightened room; the direct rays of light should, however, be excluded from them for some days. Many infants are predisposed to gummy accretions and crusts upon the lid-edges; in every case these should be removed with lukewarm water, to which a little borax may be added, by means of a small, soft sponge or bit of old muslin, after which vaseline should be applied directly to the parts. As the child grows older and is taken out-of-doors, the exposure to sunlight produces a tendency to an excessive accumulation of mucus between the lids and of crusts at the lid-margins. The same rules should then be faithfully followed and cleanliness rigidly maintained. To neglect in this particular, more than to any other local cause, is due the vicious habit of styes in very young children. The glands secreting the oily substance, which is the natural lubricator of the lid-edges, are apt to have the orifices choked with mucus with which dust may be caught up; a stoppage occurs, and a true styne forms. This is liable to be followed by a second and third one, producing not only pain to the little patient, but possible damage to, and distortion of, the lid. Catarrh of the tear-sac very frequently results from an uncleanly

habit of the lids. In this connection it should be noted that "snuffles" and watery eyes often occur together; but, though depending usually upon hereditary causes, both can be corrected, and such a view should always be taken by the mother and nurse. Among various eye troubles of infancy are granular lid, chronic skin-disease of the lid and cheek, eversion of the lid, blinking, a spasmodic wrinkling of the brow, an automatic movement of the scalp, etc., all of them mechanical or nervous affections, and which are not always easy to control.

Very early in infant life the eyes should be protected from too much light, at first with a blue or neutral tinted veil, afterwards with a brimmed hat or bonnet. It is wrong to expose so young an eye to the bright glare of the sun's rays, as is the case when the baby wears a round lace cap. This applies in the greatest degree to blonde children. The reasons are based chiefly on anatomical grounds. I fear to invite the malediction of every young mother by thus inveighing against this fashionable and dangerous headwear. And in this connection I must boldly set my face and pen against the prevalent style of parasol for the baby's carriage. Its shape and outer trimming are right enough—it cannot be too pretty to the beholder; but, as it is designed to protect Baby's eyes, it should never be lined with white material. The lightest permissible shade should be a light blue; better would be dark shades of blue, maroon, green, or even black. For it is to be remembered that for months Baby's place in the open air will be in the carriage, and a part of that time will be devoted to sleep, when the white lining offers a protection from only the direct glare of the sun's rays, and not at all from their irradiation. An analogous case would be that of an adult forced to

sleep under a small awning of white muslin, with the direct rays of the sun everywhere about the face of the sleeper, save in the small area of dull light subtended by the outstretched awning.

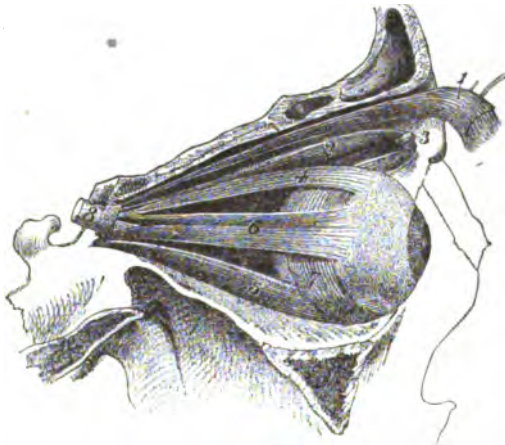
It is of the utmost importance that the visual efforts of the young child be limited to near objects. How puerile sounds the question, Why cannot Baby sit up alone? He surely has a well-shaped backbone. Or why cannot Baby play top with his hands and fingers? The hand, though small, is strong enough, and the fingers are shapely and tapering. Or why cannot Baby walk? See that large thigh, and strong knee, and willing

room. The failure to take in objects beyond this limit is not due to an imperfect development of the percipient elements of the retina, but rather to an imperfect co-ordination of the muscles of the eyeball. The muscular apparatus of the eyeball is very simple, and will be readily understood from the accompanying illustration.

Two *straight* muscles, taking origin from the depth of the bony orbit, are attached to each side of the eyeball on a horizontal level with the pupil, precisely like the reins attached to a horse's bit; they move the eye outwards or inwards, just as the right or left rein turns the animal's head.

There are in addition a superior and an inferior *straight* muscle, by which the eye is made to look upwards and downwards. In this way the eye can be moved in all the principal planes of vision; the action of all these muscles in quick succession results in a rotary movement of the eyeball, in which movement the four straight are assisted by two *oblique* muscles, whose action is limited to the planes between the four cardinal axes of vision. Of these six muscles, the internal straight attached to the nasal side of the eye-ball is by far the strongest, on account of the necessity of fixing the eye for very near objects. This is the chief element of muscular power by which the eye converges to objects from about eighteen inches to four, even three, inches dis-

tant. Visual range is further accomplished by what is known as the *muscle of accommodation*—a set of muscular fibres situated within the eyeball, behind the pupil, and precisely where the iris springs from the white of the eye. This muscle has the power of adjusting the eye for accurate sight to the fixed stars just as easily as to very near objects. It acts, like all muscles, by contraction and relaxation. The two muscles—a set for each eye—act in perfect correlation, and enable the organ in an instant of time to cover an infinite range of vision. No fine adjustment of the telescope, no system of lenses and prisms, can accomplish this feat in an instant of time.



1. The muscle which lifts the upper lid; 2. The superior oblique muscle; 3. The pulley through which its tendon plays; 4, 5, 6, superior, inferior, and external straight muscles; 7. Inferior oblique muscle; 8. Optic nerve.

leg. Even so puerile should sound the query, Why cannot Baby see into the distance? The answer to one question will do for all: Because the muscles of the parts are not sufficiently developed, and are not as yet under the co-ordinating power of the brain to do its bidding. It is a nice point to define just *what* a baby can see and *how* it sees; but it may with safety be stated that under the fourth or fifth month the eye has no distinct fixation of vision. The infant attempts to seize objects at about this age, and for such distances its visual powers are good—better than its precision of grasp; before this time it is unable to define objects beyond the

The utmost caution is therefore imperatively demanded of every person to whom is consigned the care of the young child from infancy to perhaps the third year of life. It is during this time that damage to the muscular apparatus of the eye may be done. The mother or nurse is eager to have Baby see everything from the nursery-window, or from a carriage or car. How many tired heads, languid eyes, and disordered tempers result from this mistake! How often is loss of accommodative power, or enlarged pupil, or cross-eye the consequence? Worms, "inward fits," sour stomach, flea-bites, and bad temper are some of the morbid and moral posers which the mother and the family doctor ponder over.

An indication of the delicate and undeveloped muscular apparatus of the eyeball within the first two months of life is found in the ease with which some infants look cross-eyed. It is well known that in sleep the eyes are turned upwards under the brows, and inwards, and that a true crossed condition of the optical axes occurs during this state.

An occasional temporary crossing of the eyes of an infant above two months of age should be carefully investigated. The child should be handled lightly; it should not be played with too much; it ought to lie or roll on its back in preference to sitting on the lap or in a chair. Any unequal size of the pupils should be carefully noted. It may be either the sign of some internal trouble or a simple local affection of the muscular tissue controlling the pupil.

A small per centum of infants are born short-sighted. The detection is usually not made very early in life; when, however, it is made, the error should be corrected, if the child be old enough to wear a suitable glass without danger of breaking it. I do not propose to speak here of congenital near-

sightedness, but to call particular attention to the danger of acquiring short-sight to which we expose the aspirant to the monotonous alphabet and primer. Almost every child falls into the habit of holding the book in the lap, and of bending the head in that direction so as to get a better view of the new characters. In this position the neck is craned, the muscles compress the blood-vessels returning from the brain and face, the eyeball becomes congested, and the muscles surrounding it compress and lengthen it. Daily habits of spelling letters, of knitting, and of needlework in this constrained position tend to produce short-sight by elongating the diameter of the eyeball; add to this a rapidly growing figure or a weak constitution, and the factors are all supplied. It is not unfrequently the practice in schools to set small copies in pale ink, or to place fine work in the hands of young girls at twilight. These contribute to the development of short-sight. It must always be remembered that short-sightedness in early life is progressive, and that a short-sighted eye tends to wasting diseases of the retina and choroid. Every child with deficient vision should, on beginning study, be carefully examined. Proper advice will often save years of trouble, discomfort, and hardship. It is an erroneous impression that an eye is made weaker by wearing a glass; on the contrary, a short-sighted eye is put at rest, and its muscles have a chance to strengthen in correlation with the other parts of the body, by the wearing of a proper glass. I regret to close this paper by emphasizing a sad truth as regards our American school-children, and particularly those of a densely populated city like New York—viz., that short-sightedness is rapidly on the increase, and that it will entail a long category of evils if some means are not found to check its inroads.

THE NURSING OF SICK CHILDREN.

BY EVA C. E. LÜCKES,

Matron to the London Hospital.

No. II.

NO definite rule can be laid down to suit all cases, but the mother who keeps her mind as free as possible from preconceived notions, and observes with sufficient accuracy to enable her to put the doctor in full possession of all the facts connected with the patient, will not only be able to receive from him the fullest instructions for her guidance, but will in all probability have the clearest perception as to what is best to be done should an unforeseen emergency arise. Children should be coaxed into taking medicine, not frightened into it. The nervous system of children is very sensitive at all times, and this fact must never be lost sight of in illness. Fright or shock of any kind, especially when they are in an abnormally sensitive condition, may produce most harmful results and must always be carefully guarded against.

Judicious praise for taking medicine well often has an excellent effect, and acts as an encouragement to persevere and an incentive to keep up a good reputation on the point. Well-timed comments of approval or disapproval as to the doings of other children in this respect will sometimes be listened to with great attention by the little patient, and this sort of influence, combined with something to remove the disagreeable taste, ready for them to put into their mouths directly the obnoxious compound has been swallowed, will usually insure success. Of course all children are not equally amenable to this kind of treatment, and the same children are not equally good at all times; but patient coaxing, with a certain amount of legitimate bribery, in whatever form it may be specially acceptable to the individual child, will, for the most part, win the day

with the least possible distress. I remember having great difficulty with one dear little patient—who finally recovered from one of the gravest complications of serious illnesses that I have ever seen any child struggle through—in persuading her to take the wine which the doctor thought essential for her. She was very good and patient about her other little troubles, which made it the harder to insist upon the distasteful draught being swallowed. If I poured out a dose of medicine and placed it, with something to take the taste away beside the glass, within reach of this little maiden of six, and told her that I was going away for a minute and when I came back I should expect to find the glass empty, she seemed to look upon it as a little bit of play; and in the distance I have watched the little, thin hand stretched out from the pillows propping her up, and the medicine swallowed as quickly as the hurried breathing would permit, so that when I promptly appeared, to wipe her lips and remove the glass, she would be ready to greet me with a fleeting smile of satisfaction at having been “such a good little girl.” But this and every other means failed with the wine, though I used to sweeten it and make it weak with plenty of water to prevent catching the breath when she tried to swallow it. One day a basin of sugar was at hand, and, taking up a large lump and dropping it into the mixture, I said: “Now, Maggie, drink it up quickly or the sugar will run away; and if you drink it at once you can have the big lump of sugar that you will find in the bottom of the glass!” To my surprise she drank it immediately, and, seizing the lump of sugar, she crunched it up with evident pleasure. This plan, with the

exception that after this I always allowed her to choose her own lump of sugar and drop it into the glass herself, continued to answer satisfactorily as long as the doctor considered it necessary for the wine to be taken.

I mention this trivial incident, not that there is the least merit in the suggestion itself, but as an indication of the simple methods that may prove of service in the management of children with their various characteristics, and because these mere trifles are relatively of such importance when life and health are in question. I once read an admirable instance of discreet bribery having the desired effect of making a child who was very ill take the nauseous draught. In venturing to quote the story I regret that I cannot recollect the author or where I read it. But the picture left in my mind was that of an anxious father brought to the child's bed when all other persuasion had failed, and of his saying gently, "Willie, if you will drink that medicine I will give you a shilling." "Make it two," whispered the child with difficulty, which was gladly done by the delighted father, and the all-important point was gained.

In cases of acute illness we must concentrate our attention upon every influence which affects the present physical condition of our little patients, endeavoring to understand their immediate needs, and reserving the application of our general theories on education, however excellent they may be, for a more convenient season.

There are instances when persuasion entirely fails and it becomes essential to insist that the medicine shall be taken. When it is obvious that our efforts at coaxing are being thrown away, it is best to *make the child look at you*, and to say *very firmly* if the medicine is not taken in such and such a time you will be obliged to have his hands held and to pour it down his throat, saying at the same time that you hope he will not make it necessary for you to carry out your threat. Sometimes I have known the mere attempt to do this to be sufficient; and by pausing after the child's hands have been held, to

know if he would not prefer to take it himself, I have been met with a shamefaced and very welcome assent. However, if not, it will generally be found that by once, or at any rate twice, giving the medicine in this manner all future struggles will be avoided, especially if we are wise enough to take it for granted each time that he means to be good about it. This fact, aided by the child's own recent experience that he will *have* to take it either way, will rarely fail to achieve a placid victory. Coercion should always be the last resource and be reluctantly applied. I quite admit that there are instances in which it cannot well be dispensed with, but the necessity for its frequent repetition always seems to indicate mismanagement of some sort, and it has to be remembered that in many cases of dangerous illness any attempt at coercion is an absolute impossibility.

It is often easier to give medicine to infants and very small children than to those that are of an age to be explained to and reasoned with. Powders are best administered by moistening the finger so that the powder will adhere to it, and placing it far back on the baby's tongue. You must take care that none of the powder escapes with the saliva, but with that exception you will have no other difficulty in getting it swallowed. Oil or any thick, adhesive compound that has to be given in very small quantities can be administered in this way. Any one who has had much to do with sick and injured children can scarcely fail to be struck with the similarity of the management required, as far as the nursing is concerned, in very various illnesses. The medical treatment may differ, but in nearly every case the duties of the nurse or mother will be fundamentally the same. When children are sickening with measles, scarlet fever, or other infectious illnesses the one remedy in each case is to separate the child from others and keep it *at rest under favorable conditions* until the particular disease has declared itself, and the doctor will then give directions for the treatment of such special symptoms as may arise. In every instance the child must be kept warm, and all risk of chill be-

fore, during, and *after*, the actual illness must be carefully prevented. Colds taken after measles or scarlet fever are likely to produce most serious results, and thoughtful mothers should bear this fact in mind long after the child is to all appearance well. In measles, where the constant running from eyes and nose constitutes one of the most marked symptoms, I have found small squares of soft, fine old linen preferable to pocket-handkerchiefs, as they permit of a clean piece to be used each time, and if it is put into the fire directly one means of spreading infection is thus disposed of.

The harm that may be done by careless, ignorant nursing is terrible to contemplate; and, on the other hand, it is comforting to reflect that with unceasing care and due attention to matters that are simple in themselves but important in their results, the majority of these illnesses pass away in due course, leaving no unkind traces of their visit, and the consoling reflection that in all probability a similar trouble will not occur to the same individual a second time. We have seen that it may sometimes be of vital

importance to be able to influence the little sufferers to do or to bear something essential for their welfare, so we should exercise all the tact we can summon to our aid to win their confidence and to guide us in our dealings with them. The best nurse will be she who combines a thoughtful appreciation, *in all circumstances*, of the importance of supplying her little charge with constant and sufficient warmth, careful ventilation, duly-regulated light, scrupulous cleanliness, and a proper amount of *suitable* nourishment, with a practical knowledge of such other details as may appertain to the special illness in question.

The most rigid disciplinarian must relax to some extent when illness makes an imperative alteration in the ordinary routine. The nurse who is prepared to soothe her little patient with every intelligent indulgence consistent with the existing conditions will probably secure the best result, and will certainly be the most successful in softening the trial of pain and illness, which, we should not fail to remember, is a novel experience to each individual child.

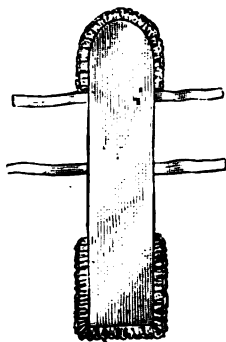


VIENNA CORRESPONDENCE.

HOW THE VIENNA BABY IS DRESSED—DIFFERENCE BETWEEN EUROPEAN AND AMERICAN FASHIONS—CARRIAGES AND NURSERY FURNISHINGS.

VIENNA, September 2, 1885.

IT has occurred to me that it would perhaps be of interest to the many American mothers who read your excellent periodical to hear how their German cousins abroad dress their babies. That there exists a distinct difference at once strikes the beholder's eyes, if those eyes belong to an American. A small infant taking an airing in its nurse's arms gives no indication of its presence by long, floating robes of delicate texture, but looks a short, awkward bundle, held together by white or colored straps or ribbons. The *modus operandi* of dressing the baby is as follows: The articles of dress—a little shirt of fine linen and a woven jacket, both high-necked and long-sleeved, and open in the back—are slipped one into the other, so that both together are drawn up Baby's arms at one and the same time, thus incommoding it as little as possible. Then Baby is placed in a quilt which is a little wider than its chubby body, but nearly twice as long, rounded at the top and edged off with a ruffle of lace or embroidery, and provided about half-way down the sides with wide tapes or straps, which in most cases are crocheted or knitted of cotton. I annex a little diagram which sufficiently indicates the shape of this odd quilt:



This is laid on a piece of nursery furniture called a "strapping-table." On the quilt are laid the diapers, three in number, one of rubber, the others of plain linen. These are not pinned, but simply folded on the child, who is now deposited on the quilt, the lower half of which is doubled over, leaving only the head, occasionally the arms also, free,

and strapped firmly into place. Baby's toilet for the day (that for the night does not materially differ in any respect, save that the toilet articles, quilt included, are of simpler fashion) is now

completed. For the street a little cap and a heavier quilt, the latter often decorated with white or colored ribbon bows, are chosen.

I saw in a store a beautiful christening-quilt of fine white satin, trimmed with cascades of lace and white satin ribbon bows. This could not fail to make a most becoming addition to Baby's charms. The delicate face against the creamy background, surrounded by waves of soft lace, must make a beautiful picture, although I cannot help thinking that the decidedly mummy-like fashion of the body-covering must lessen the effect as a whole.

In cold weather a cloak is put on Baby after it is strapped into the quilt, and the ends tied apron-wise around the nurse's waist to prevent them from fluttering in the air, while at night a pillow is substituted for the quilt for the sake of greater warmth.

When Baby has reached the mature age of four months he is put into long clothes. An older child, already promoted to the dignity of short clothes, but not yet able to walk, is carried on the street in what are called "carrying dresses." These are long dresses, or rather slips, open all the way down the back, where they are tied together at the waist by a large bow of ribbon or the dress material. Under this robe the nurse's arm finds a convenient slipping-place through the slit at the back. These slips are made very long, and—in contrast to our taste, which always dictates pure white as most suitable for children of a tender age—principally of colored material, blue and pink muslin, cashmere or silk, a little ruffle around the bottom often supplying the finish.

The taste for choosing colored dresses for little children is very prevalent. Stockings are seen in all colors of the rainbow, and there is a marked absence of the black hose so much worn by American children, and which suits every toilet so well. In summer small children, as a rule, wear socks; and as most of the dresses are cut low in the neck and have short sleeves, the general impression is one of nakedness. Most seems as if this unrestrained style

were meant to compensate for the too close confinement in early infancy.

Little sisters and brothers dress perfectly alike, be their number ever so large. Lately I met a little flock of lassies, five in number, the two older ones walking demurely with their governess, the three younger frolicking around their nurse, all clad in garments of exactly the same material and style.

The little frilled caps, so becoming to the round face of childhood, are not known here. Children wear stiff little poke-bonnets of shirred silk or muslin, or round straw hats of a shape once designated "flats," trimmed profusely with ribbons and flowers.

Even in the fashion of shoes there is quite a difference between Vienna and New York; low-cut ties or very high boots, the latter reaching half-way up the calf of the leg, and shoes with elastics at the sides, being the prevailing styles. Boys still in knickerbockers wear high top-boots. Buttoned shoes are rarely seen.

I cannot refrain from minutely describing the toilet of a little boy, evidently of aristocratic parentage, as affording a sample of what is considered in good taste here. The little fellow wore a white kilted skirt, extremely short, leaving exposed a pair of chubby legs down to the little white socks and low-cut shoes. A sailor waist of dark-blue cashmere, with short sleeves, was trimmed with light-blue silk, a collar of the latter closing, with a large bow in front, the heart-shaped opening at the neck. A sash of the light-blue silk, heavily fringed at the bottom, was tied at one side. The head-covering consisted of a large straw hat, trimmed around the crown with a broad ribbon, finishing at the back in a double bow and long ends reaching nearly to the bottom of the little fellow's skirt.



Carriages for small children are all provided with curtains draped in front of the hood, as here illustrated. Older children are wheeled about in little chaises in which they can only sit. These have but three wheels, and are sometimes so ridiculously small as to be scarcely larger than a chair on inordinately big rollers.

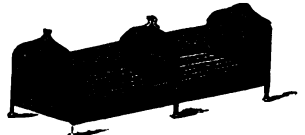
Cap and apron form the only livery, when lively there is at all, of our nurserymaid at

home. Here she is often to be seen clad in the costume of her native province, making a most picturesque adjunct to her little charges.

It may not be out of place to make slight mention here of such nursery furnishings as I have found to differ from our own. The crib shown in the adjoining cut is a most practical piece of nursery furniture on account of the manner in which the space below the bed is utilized to hold a drawer that can contain baby's clothes or toys. The lattice-work that serves as a guard is made of cord, and the frame consists of iron rods. The front is so arranged as to slide up and down easily, though fastening securely enough at the top to prevent busy little fingers from removing the safeguard.



A pretty little space-economizer is the other crib here shown, drawn out to accommodate two little occupants. By day it is slipped together, and forms apparently only one bed.



In conclusion I should like to commend to the notice of mothers the pretty little basket-bed of which I send you an illustration. It is a most convenient article to be carried from room to room, and in which Baby can sleep comfortably at mamma's side, thus being under her watchful eye wherever her occupation may oblige her to be. Ingenious fingers can easily convert a common oblong-shaped basket, a few willows, a couple of yards of swiss, some lace and ribbon, and a little cotton batting into a dainty nest for Baby's reception. The muslin should be shirred on the willows and shaped into the hood, the basket lined with cotton batting, and the swiss drawn smoothly over a colored lining, as shown in the picture, which also plainly indicates the entire arrangement of the pretty little bed.



A. F.

NURSERY LITERATURE.

AN EXPERIMENT IN PRIMARY EDUCATION.

DR. MARY PUTNAM JACOBI sends to the *Popular Science Monthly* for August the first chapter of a record of the early education of her little girl. Believing that "the final ends of education are efficiency and repose," that "the educated person is he who knows how to get what he wants, and how to enjoy it when he has got it," and also that training in literature and art is only a very small part of the new education, she began the child's training by means of things rather than words, teaching her algebraic signs to express certain relations before she could write, to impress upon her the idea that expression is less important than the thing expressed. She could draw simple combinations of lines for many months before she could write, but at the age of six she wrote a firm and legible hand, in which, as all nations in their infancy have done, she recorded history—the history of a group of hyacinths from birth to death. The child's memory was first trained in remembering forms and colors. "The more developed and vigorous the mind, the slighter the object that is perceived and remembered"; and, as Mr. Froude remarks, "men of genius always have tenacious memories." "Conversely, the relatively feeble mind of the young child requires a large object to awaken its prehensile faculties," says Dr. Putnam Jacobi, and she adds: "In the earliest training contemplation of an object is insufficient to fix its outlines on the mind; it must be handled as well as seen. In my own experiment with a child of four, Froebel's building-blocks were used to construct definite models; but these, once framed, were repeated from memory. Sometimes the details of an exciting story, as that of 'Blue-Beard,' were associated with the different details of the model, so that these were more vividly remembered. By building in succession the different rooms in which the various acts of the tragedy were supposed to have occurred, the child learned, on the one hand, mathematical outlines; on the other hand, to remember history, by, in a degree, acting history herself. The principle of this method is applicable to much more advanced studies."

The child at four-and-a-half had learned to draw straight, curved, slanting, and parallel lines, to distinguish perpendicular and horizontal lines, all kinds of triangles, and figures of

four, six, and more sides. She saw in a railroad an illustration of parallel lines, the marks of wheels were to her baby vision parallel curved lines, and the marks of horseshoes "dear little curves." The child's habit of looking for forms led her to teach herself the alphabet. At about this time she left the kindergarten where she had been, and was taught entirely at home by her mother. She learned in practical ways such simple facts of geometry as that three is the smallest number of straight lines which enclose a space, or that things which are equal to the same thing are equal to each other. It was at this time that the little girl learned to use algebraic signs. At the same time she began to study colors by making rainbows of colored sticks, and afterwards, by building geometric figures with them, she continued her studies of form. She learned the points of the compass and how to use the instrument in her walks, and also to observe the direction of the wind. During the year she learned the use of the mathematical compass, ruler, spirit level, pulley, wedge, and balance. She was taught the metric system, and that a cubic centimetre of water weighed a gramme, but learned English weights and measures from objects instead of tables.

The next step in the child's education was a knowledge of perspective. When she discovered that a slanting line may represent a retreat from foreground to distance her delight knew no bounds. She began at this time to study geography by the aid of a dissected map, the study of familiar places being left till later. She soon left her maps for a relief-globe, and learned to draw new ones for herself from it.

A SYMPOSIUM OF MOTHERS.

RECENT numbers of *The Student*, a magazine published by the Educational Association of the Society of Friends, contain letters from mothers on teaching children to read at home. The first thinks that if a child of five or six can be inspired with a *desire* to learn to read, it is a great help. Her own little girl learned it at this age, as a pastime, from *The Nursery*. The second does not believe in teaching young children to read, and kept her own daughters untaught until their ninth year. In consequence, at eleven and twelve they are fresh for study. The third thinks that many children learn to read at four with no bad effects. Her children were taught by the word-method, and at seven or eight could spell accurately.

Another child of three-and-a-half taught herself to read under protest and without method or training. In consequence she reads and spells inaccurately, and if she had been taught and guided she might have been saved from many blunders. The fourth mother recognizes the difference in mental capacity of children at the same age. She also fears that kindergarten training is too stimulating for nervous children from highly-educated families, although she thinks it admirable for children from poorer homes. The fifth mother found that her two children, who were separated for a year or two when one was six and the other four, cared little for anything on coming together except the pleasure of being with each other and playing. At seven and nine, however, when sent to school, they were delighted at learning to read. The sixth thinks that play-lessons, with pictures, are very useful to young children; and the seventh that to teach a child to read requires no more method or carefully-organized system than one needs to give a healthy baby power to speak its native language. She says: "If children have plenty of bright, illustrated books to live among, . . . with an intelligent, intellectual home atmosphere, they may be trusted to themselves to try to make the books tell their own stories. . . .

Let children alone and they will learn to read soon enough." The eighth mother speaks of the *individuality* of children as displayed in their like or dislike of books, and of the harm done by discouraging words from a mother to a child. She believes that ability to read well is a gift rather than an art to be acquired.

Another thinks that nothing is gained by teaching letters to very young children, on whom lessons make no deep impression. She suggests that the old method of pricking letters with a pin is useful, and that most of the alphabet may be made by a child with a box of wooden tooth-picks. She mentions "Robinson Crusoe," and other books in words of one syllable, as useful helps for children, and adds: "The active brain of a restless, fidgety child can be employed when in street-cars by spelling out the advertisements opposite him; and even when the mother is shopping he can try to find out the letters on the various placards placed in the store, and he will prove far less annoying than if he occupied his time in twirling the tops of the customers' stools at the counters." She prefers teaching letters before words, while another mother believes entirely in the word-method as a means of training the mind, but cautions ambitious parents against crowding and forcing baby-minds.



THE MOTHERS' NOTE-BOOK.

TENNYSON says that "truth embodied in a tale will enter in at lowly doors." This is especially true in regard to all the doors and entrances to the dwellings of the race of small men and women who walk about with heads just reaching our elbows, and who think thoughts and carry on arguments which are fully as important as those which go on above them. The kind of stories our youngest children hear may influence them during a long life; for we all know how deep are first impressions, and how real in later years appear those characters whom we have carried along with us from infancy. Much that is helpful in the nursery may be accomplished by stories that are not too plainly and fully moral; indeed, the old fashion of keeping the story by itself and the moral by itself was a good one, as it is a good plan to take the medicine first and

the jelly afterward, instead of a bitter mixture. Still, there are stories so interesting that they will be taken moral and all, as two little friends of mine were really led into eating all their crusts of bread without murmur from hearing of a certain little Peter who would not eat his, and who starved to death after a series of almost ideal trials. The constant and strong tendency of children to imitate ought always to be borne in mind, for it is a well-known fact that the exploits of Jimmy Sliderlegs have incited babies of five and six to attempt similar feats; and as for Conrad Suck-a-thumb, no mother who is not willing to have his example followed should tell of the boy who disobeyed his mother and braved the terrors of the scissors-man rather than to stop the guilty pastime.

Very few of the little children for whom

BABYHOOD is published have philosophy enough to generalize upon the stories they hear. If the hero or heroine of the nursery-tale is attractive to them they have a strong desire to do just as he or she did, or as nearly like it as possible; and so it does seem that it would be best to read or tell more frequently stories of good boys and girls than of bad ones, and to use good—in fact, the best—language in telling them.

Perhaps in no other part of his work does Goethe show more clearly his keen and careful observation of character than in the description of the change produced in Wilhelm Meister by his association with his child. He represents Wilhelm as viewing his nurseries and buildings with new interest, and as zealously contemplating repair of what had long been neglected. "He no longer looked on the world with the eyes of a bird of passage; everything that he proposed commencing was to be completed for his boy. In this sense his apprenticeship was ended; with the feeling of a father he had acquired all the virtues of a citizen." To Wilhelm it seemed as if the observation of his child gave him his first clear view of human nature; the questions little Felix asked of him stimulated him to further achievements. Thus the best part of true education resulted from studies begun in the interest of the child. The new world which opens before all parents was to him the subject for the deepest thought, and his life was broadened and brightened by close study of the child.

It is a thought full of suggestiveness that the experiences and benefits which came to Wilhelm through the child might come to all parents, and that just in proportion as they are in sympathy with the children are their own lives made richer. If every father felt the duties of good citizenship in relation to his sons and daughters, then the world might truly be better for each child born into it.

"Well formed, healthy children bring much into the world with them," a wise man said to Wilhelm. "Nature has given to each whatever he requires for time and duration; to unfold this is our duty; often it unfolds itself better of its own accord. One thing there is, however, which no child brings into the world with him, and that is reverence; and yet it is on this one thing that all depends for making man in every point a man." If this were held true in the country and time of Goethe, it certainly has added meaning here and now; and whether the

spirit of reverence shall be developed in our children depends to a great extent upon the training they receive in the nursery and in the first few years of life. It is just as certain that the little men and women whom we are considering here will resemble themselves later in life as that the little apple and peach trees one sees in a new orchard will develop or simply grow into large apple and peach trees. It is often decided long before the fifth year is reached whether a boy or girl will eventually have the true reverence for work that will lead them to perform it faithfully and well, and the reverent obedience to those in authority which shall render them useful and honorable. Consideration of these thoughts is too often deferred until the time when it can be no longer of any service.

E. W. B.

HIGH-FLYING AT FASHION.

LATELY I heard two young mothers talking together in a well-known dry-goods store. They had been attracted by a little maid, of perhaps five years of age, who stood by her mamma at a neighboring counter. The little one was exquisitely dressed in an outer garment of white plush, from beneath which were to be seen glimpses of dainty lace ruffles. She wore a hat of white felt faced with black velvet, its broad brim caught back from the flower-like face of the child by heavy white ostrich-feathers. She might have stepped from a portrait by Vandyke, with her golden hair cut straight across her brow, her shimmering coat with its deep collar of costly lace, and the nodding plumes over all. She was the child of a millionaire, and the richness of her costume was made appropriate—if ever such elaborate costumes are appropriate for childhood—by the well-known wealth and position of her parents. Of this child and of her toilet the two young mothers were speaking.

"Isn't she sweet?" said No. 1, turning, the better to view the little girl.

"Lovely!" assented No. 2.

"Look at that coat, Lou," continued No. 1.

"White plush! Isn't it beautiful?"

"Yes. And I guess it cost a beautiful price, too," said No. 2.

"Mercy, yes! But I was thinking I believe I could get up one for Maggie like it, only of some other material; or perhaps I might find a remnant of plush, and line it with something cheap, you know. The effect would be the same. I see how it's made, and when I go home I mean to cut a pattern and try what I can do. Wouldn't Maggie look 'cute in one?"

"'Cute enough, Kate. But a white coat like that would be absurd for Maggie."

"I don't see why," persisted No. 1. "I can get up one for her to look the same, and not cost anything like what that did. And I know I could trim a hat like that."

"I dare say you could," said her friend; "but I think it would be absurd, all the same. That child's father is probably very rich, and her mother is evidently very 'swell.' See, there they go, and of course they have a carriage. Maggie's coat would be *black* in no time at all."

"I don't believe it would," said Mrs. Kate doggedly.

"Well, but anyway, Kate, such clothes would be absurd for Maggie, because you can't live up to them. I don't think it's appropriate to dress her as though her father were a rich man and you lived in style corresponding to her clothes."

"I don't agree with you," said No. 1. "If I can dress her in style, without spending any more money than if I dressed her plainly, I don't see the harm."

"Well, have it your own way. But I shall have a dark plaid for Nelly's coat."

"And she'll look 'poor but respectable,'" quoth Mrs. Kate.

"She'll look like the child of a young man on a small salary, which is just what she is. I believe in the fitness of things."

Then they passed on, and I fell to thinking. I could sympathize with the desire of Mrs. Kate, who probably had a "knack" and could compass brilliant results with but small outlay, and loved to see her darling daintily and richly clad. Yet was not the other right, after all? Is there not a fitness in things, even in dress? And is it not wiser and better to dress our little ones in keeping with what we know to be our real circumstances than to aim at a style only consistent with wealth? Simplicity does not imply ugliness, but the aim of many women appears to be that of Mrs. Boffin when she set up the drawing-room furniture on the flowery carpet in the kitchen of the Bower.

"Mrs. Boffin," her husband explained, "is a high-flyer at fashion." M. B. F.

ART IN THE NURSERY.

It has always been a matter of surprise to me that so few intelligent persons, in giving birthday or Christmas presents to young children, go beyond the traditional toys that so soon become un-
useless. Noisy drums, expensive mechanical things, blocks, etc., may be very well in

their way, but it seems to me quite possible to choose presents for even young children in a way which combines amusement with important educational considerations. A collection of really good pictures will please children just as much as the bright-colored daubs from which mankind seems almost destined to derive its first impressions of art; and yet can children be taught too early to know a good picture from a poor one? My mother began when her children were very young to save all the good woodcuts from newspapers or publishers' catalogues that illustrated famous poems or stories, and before her boy and girl could read they knew the story of "The Lady of the Lake," "Marmion," "Undine," and many another. When the younger child was only a year old the father and mother gave the two for Christmas a book not often seen nowadays—Allan Cunningham's "Gallery of Pictures," full of steel engravings of the famous works of art in the English galleries, and very rich in illustrations of Shakspeare, in the artificial taste of the last century, but still of Shakspeare. The children were always allowed to turn over the leaves of this book very carefully on Sunday afternoons, but at no other time. After a while they began to read the descriptions of the pictures and the names of the artists, and before they were eight years old they knew that Raphael and Claude and Sir Joshua Reynolds had lived; that Raphael had painted the lovely Madonna that hung in their mother's room; that Claude liked to paint landscapes with figures in them, and that Sir Joshua was responsible for the jolly little Puck on a toadstool whose story their mother had often told them. The Shakspeare illustrations had led them to find out some of the riches of a large one-volume edition of the poet, and the engravings from the historical plays had made them read a little, in childish fashion, from books on English history. For several years their Christmas gift from their father and mother was a subscription to the London *Art Journal*, and they soon grew very familiar with the engravings from the Turner and Vernon galleries, and the smaller woodcuts from historical or fictitious subjects, old and new. They had all the toys that they needed, but no very expensive ones that could not be used. Every year the father and mother kept the birthdays of the children, and of a baby-brother who had died, by a gift of books. At last the boy and girl grew up, and it was only last week that a letter came from London to the brother from his sister. "What do you think," she says, "was the first thing that I saw in one of the rooms at

the National Gallery? The very 'Chapeau de Paille' that used to lie on my lap on the floor and that I showed you before you could walk; and near it was the 'Bacchus and Ariadne,' with Silenus and the little frisky fauns, that were all old friends. I went along a little farther, and there were Gainsborough's 'Market

Cart,' and Copley's 'Death of Chatham,' and a dozen more. It was just the same in the other rooms and the other galleries. There is hardly a Landseer or a Turner that isn't an old acquaintance. I never can be thankful enough for the books that made the great masters so familiar to us." H.

THE MOTHERS' PARLIAMENT.

AN EXPLANATION.

To the Editor of BABYHOOD:

The valued magazine which my little one knows as "the baby-book" has come, and I have read and reread your answer to my letter which set forth my perplexities in getting the baby to sleep. You are quite right; "the mistake was in taking him up the first time." I only did it because I didn't know what to do, and felt that I must do something to stop such violent screaming. But on another point I rise to explain, merely for my own satisfaction, not at all that I expect you to give me and my perplexities any more of your valuable time and space. The trouble with Master Baby is, not that he does not want to take his nap, but that he doesn't want to go to sleep *alone*. He will go to sleep readily if I will stay with him. He does not ask for rocking or walking, singing or patting. If I will only sit quietly by the side of his crib, with my hand resting gently on his shoulder, he is satisfied, and in a very few minutes is fast asleep. The queries which I put to myself are two: (1) Shall I grant this request, which certainly seems moderate? (2) If I do not, but insist on his old fashion of going to sleep *alone*, is it not, at bottom, because I am selfish and do not want to give up the time which it would cost me, and which I have been using for other things? If I know positively that a thing is for Baby's good I have no trouble in carrying it out at any cost. But I shrink from even the possibility of denying him an innocent and harmless gratification merely because it trenches upon my own preferences and convenience. In this lies my perplexity.

As for letting some one else take my place, alas! I have had no mother since I myself was a baby, and of sisters, cousins, and aunts I have none on whom to call. I have only Baby and

Baby's father. So I must e'en solve my problems myself, in doing which I suppose I shall many times be A PERPLEXED MOTHER.

ANOTHER CURE FOR SLEEPLESSNESS.

To the Editor of BABYHOOD:

I have found an unfailing remedy for sleeplessness in my children is fresh air, either taking them to it or introducing an abundant supply into their rooms. Taking them to it is the surest way.

My nurse, when Baby was two weeks old, was bewildered by so healthy a creature never sleeping in the daytime, and used every means in her knowledge to cause sleep, but without success. At last I insisted that my recipe should be tried. She should take him into the garden. So she bundled him up, and then went for a handkerchief to cover his face. I objected—that would not do. She could protect his face with a sunshade, but he must have air. So out he went, with his great blue eyes wide open to look at the world. Hardly had she crossed the threshold when the eyes were closed, and he had the sweetest and most peaceful nap he ever enjoyed in his life.

This experience seemed to convince him that out-of-doors was the only sleeping-place, and from May to November he never took a nap in the house, but slept peacefully in his carriage in the garden or on the piazza. Under this system he grew and thrived wonderfully.

The baby of a friend of mine in Central Massachusetts took naps out-of-doors all winter, properly protected in his carriage on a sheltered piazza, and, though a very delicate child, never once took cold.

I think one cause of sleeplessness in nur

babies is that their mothers take too little refreshing exercise in the open air. If I failed to be in the fresh air some time each day when I was nursing a baby, I always could see the result in the increased fretfulness and nervousness of the child. A pleasant walk, or, if too tiresome, sitting out-of-doors for even fifteen minutes, always seemed to impart to the milk a quieting, healthful quality. My children have all been of sensitive organizations, and for that reason I have been led to notice these things. I hope my experience may be of use to some other mothers.

M. A. A.

WISCONSIN.

THOUGHTS ON HOME-TRAINING.

To the Editor of BABYHOOD :

I do not know that I have anything new to present. Probably not. The same thoughts have been expressed scores of times. But it can do no harm to call the attention of the readers of *BABYHOOD* to a few of the faults in government which prevail in almost every family.

The immediate source of the following reflections was the management, or rather mismanagement, of a young mother which came directly under my notice. While almost idolizing her child—a bright, sweet little girl of less than three-and-a-half years, joyous as a bird, but sensitive as the mimosa—she is guilty of the inconsistency of going from caresses to sharp little slaps, or, worse still, to hasty and cutting words, and the little heart is broken.

Now, to deduce from this case a few simple practical thoughts is an easy task :

1st. Don't wait to govern your child until he governs you. Begin when he first recognizes your face or the sound of your voice, when the little lip quivers at a cross word or the little face dimples into smiles at a pleasant or endearing one.

2d. While insisting upon perfect obedience, let it be done with great firmness but with exceeding gentleness. A few encouraging words, spoken in a decided, cheerful manner, will often insure obedience, when a tone of command would inspire a spirit of rebellion.

3d. Don't irritate the child by any unkind allusions to a past act of disobedience. When a fault has been punished and—so to speak—atoned for, let it pass. If you keep harping upon the old string, calling him naughty, constantly reminding him of his fault, you cause a needless and harmful abrasion of the already wounded spirit. In most cases, if you make a child believe that he is naughty, he will become so, whether he is

already so or not. Let him feel that you appreciate his efforts to be good, and you will stimulate and encourage him beyond the power of expression.

4th. Don't allow yourself to become impatient while dealing with your child. Don't slap nor shake him, for if he be of the delicate, sensitive order such wounds will make deeper furrows than you think, while if of the opposite class you may arouse a spirit of defiance which you may find it difficult to quell. Don't forget that your own irritability reacts upon him.

5th. Don't say, "Oh! he's only a baby; he doesn't know any better." Then teach him better, and do it now. Children may be reasoned with much earlier than we are apt to think. If he really deserves punishment, inflict it in some reasonable manner. Remember you are not his owner; you are only his keeper, and his rightful Owner will call you to a strict account for the manner in which you have fulfilled your trust.

These remarks, of course, refer more particularly to the tender-hearted, gentle-spirited child, who often suffers more keenly than is suspected even by the gentlest parent. But whatever his nature, deal with him as a rational being.

C. A. G.

COMMENTS ON "A CRISIS."

To the Editor of BABYHOOD :

Apropos of "A Crisis," in the September number of *BABYHOOD*, one of your readers would like to add her little word in meeting this time in the way of interpretation for the party on the other side—the babies themselves, who certainly have a right to be heard about what so vitally concerns their comfort, if not their good behavior.

Poor little May evidently wanted to be whipped, and held out womanfully against the blandishments of her papa, until he was forced to let her have her own way in the matter. From his ingenuous account of the crisis it is fair to presume that she saw through and scorned the milder measures used. "The little maid would have her will."

A small lad in a village not far from New York was quite outspoken the other day on the same subject. His father always punished him when he was naughty, and he was accustomed to the orthodox method of correction. In his father's absence from home little Arthur was one day so mistaken as to misbehave, whereupon his mother said gravely :

"My boy, you have pained me very much.

You must go to my room and stay there till tea-time."

The mite, four years old, drew himself up to the full height of which his inches were capable, and said loftily :

"Isn't there a man anywhere around that you can get to whip me? I don't want to be shut up in anybody's room all the afternoon."

A young friend of mine, grown beyond nursery discipline, was one day very exasperating to her nearest friend and guardian, who finally observed, weakly but severely :

"O Mollie! how much easier it would have been for us all if you'd only been spanked oftener when you were little."

Whereupon the young lady made this unanswerable reply :

"Aunt Mary! I'm sure it wasn't my fault that I wasn't. I'm surely not to blame for that!"

MINNIE MEAGLES.

HOW TWINS WERE RAISED.

To the Editor of BABYHOOD :

Having had experience that may be of value to some of your readers, I should like to add my voice to "The Mothers' Parliament."

In the summer of 1882 we were surprised by the advent of twin-boys. The excellent physician in attendance held out no very flattering prospects as to their survival, in spite of the apparent vigor of the children.

"Nurse one and feed the other alternately," said he, "and, *with great care*, you may be able to raise them."

For a little more than two weeks there was an adequate supply of natural food, but as the increasing strength and vigor of the boys demanded more we began to give each child one meal a day of milk, to which were added boiling water, sugar, and a little salt, and gradually increased the number of meals as needed. In the morning A. was nursed and B. was fed; the next meal B. was nursed and A. was fed, the meals occurring at stated intervals, unless the children were asleep at the hour, beginning with an hour and a half and gradually increasing the time until four meals a day was the rule. They were weaned when eleven months old, without any derangement of the natural functions. At this time our physician advised the omission of the nocturnal meal as unnecessary to nutrition and a disturbance to both mother and child. The first night they awakened and cried, but, receiving no response, soon fell asleep; the second

night the crying was perceptibly shortened, and the third night they slept uninterruptedly.

The rule of "no rocking" was enforced from the beginning, nurses', aunts', cousins', and grandmother's protests notwithstanding; and when the children were bathed, fed, or otherwise attended to they were *at once* laid down on a cot. Here they remained, awake or asleep, and very naturally slept a large proportion of the time. After they began to sit up and play they were still given two daily naps, simply by placing them in a recumbent position after feeding, and always at the same hour. When they outgrew two naps they were still given one with the same regularity, and this is still the rule at the age of three years.

In good weather they play outdoors nearly all day, but our climate is too severe for more than an occasional outing in the winter months. Then they are kept in a sunny, airy nursery, sometimes for weeks.

The result of all this has been to leave my hands free for them and the others, and the hundred duties of a *mater familias*, while they naturally grew healthy and happy.

May every mother of twins be similarly blest!

HELEN A. LEE.

ROCKFORD, ILL.

AN AMERICAN MOTHER IN JAPAN.

To the Editor of BABYHOOD :

From this far-off land I want to express to the editors of BABYHOOD my grateful thanks. Already I have derived much of help and pleasure from its pages. I fancy a mother needs to be situated in circumstances similar to mine fully to appreciate her need of such a magazine.

Before the birth of my baby, now a large two-year-old boy, having read a manual on "Parturition without Pain," by Dr. M. L. Holbrook I was induced to try, as far as practicable, the course of dieting therein recommended. As it was impossible to procure fruit except oranges, and as our market is exceedingly limited in variety, I was obliged in many instances to depart from the rules laid down. I ate freely of oranges, and avoided as much as I could food containing earthy and bony matter. The first object of the dieting was not secured, but to those who may believe in the theory I admit that I was unable to give it a fair trial. But upon my baby I am sure the effect was good. He came into the world apparently absolutely free from any tendency to aches or pains. I never knew him to cry from colic or any other trouble to which

baby flesh is heir. From the first he was fed at regular intervals. For three months he spent most of his time in a *kore*, which is Japanese for a certain kind of long basket ; after that the bed was his play-house. It would have been no hardship to have rocked my boy to sleep in my arms or to have held him long hours on my lap. The touch of the soft little body is a delight to me. But certain things my common sense taught me were good for my boy, and certain things were not, and it was his well-being, not my pleasure, that must be considered. Many times I have longed to take him in my arms and rock him to sleep ; and now that he is older and asks it as a favor, not demanding it as a right, we have many happy "by-bys" together.

He did not always go quietly into his *kore*, but rebelled with all his little might. I do not think I would have found my own strength sufficient for thus disciplining my baby, but his papa helped me. In theory we agreed, but in practice I wavered. When Baby was particularly rebellious I have gone to his papa, begging him to tell me I ought to take the baby up, or with tears in my eyes have gone to be comforted. If I did yield and take the little fellow in my arms he was at once all smiles and dimples. Surely, a baby wanting anything but his own way would not be so easily comforted ! But it did not require many lessons to teach the boy that he must lie where he was and go to sleep. A few lessons, harder for papa and mamma than for Baby, sufficed. I have never rocked him to sleep, except a few times when he seemed to be feeling slightly unwell. After he was six months old he never nursed at night between ten P.M. and five or six A.M. I had no trouble in weaning him, which I did at fifteen months. I had been giving him two meals a day of barley or other food for several months.

For the comfort of the anxious mother writing in the June *BABYHOOD* respecting the evil effects of flannel worn next the skin of young babies, I would say that my baby wore flannel, and, like her, I was troubled when I read of the injury done by the "little shirt of Nessus," and in fancy felt the torture caused my baby by the "innumerable hooks, fangs, and stilettos." But surely they did not hurt him, else he would have indicated his trouble. And if not him, why other babies ?

If the mother who nurses her baby every time he cries, day or night, and rocks him to sleep in her arms or cradle, satisfying him

only by constant attention, will try the plan of letting Baby alone—"wholesome neglect"—she will never return to her former methods. Baby is happier and far better off, and his mother finds him, instead of a little tyrant and herself his tired slave, a happy, dimpling darling, a constant source of pleasure. I am my baby's sole nurse, and, except when he is sent out for fresh air or I am away attending to my work—for I am a missionary's wife—he is with me. But there is so much I need to know if I would keep my boy happy and find helpful amusements for him. "Nursery Literature" and "Nursery Amusements" are not the least helpful departments of *BABYHOOD*. I have no "Children's Bazaar" from which to choose helpful and amusing toys, books, etc. *BABYHOOD* tells me what to do, and I can make my own selections from the abundant suggestions.

I have been induced to write this long account in the hope that it may encourage some tired mother to persist in the training of her baby into self-helpful and reliant habits.

AN AMERICAN MOTHER.

HAKODATE, JAPAN.

MORE ABOUT BANDS.

To the Editor of BABYHOOD :

I should like to give you the solution I have found for one or two "Nursery Problems."

As soon as I dare—say at three months—I remove the flannel band entirely, and substitute a knitted one, loose and long, with knitted shoulder-straps, of Saxony wool, long enough to come well down over the baby's hips. I also add a flannel tab in front to pin the diaper to.

I have long sleeved, high-necked, knitted, Saxony shirts ; some rather light quality of merino vests ; also some gauze ones.

I never take the band off, except to change, until the teeth are all through, and if this should occur in the fall I retain the band until spring. Then I vary the shirt according to the heat of the day. I am always afraid of bowel troubles if I remove the woollen covering. I have found it safer to take all the rest of the clothing off, and let the baby have a play and rest in that way.

If the wool seems to chafe the tender flesh too much, I would make a thin, sleeveless linen shirt to wear under the band ; old soft linen is better than new.

F. C F.

GRAND RAPIDS, MICH.



STRAY LEAVES FROM A BABY'S JOURNAL.

BY A PHYSICIAN.

No. V.

THEN they were a long time arranging me on mamma's lap. I could have fixed myself in a minute; never had any trouble in fixing myself on mamma.

"Don't hold your hand in front of the baby," said the ugly man, "or it will look very large." Mamma withdrew it.

"Now, madam, bend your head a little over the child; it will look graceful. Your hair is a little too tight. Pull your dress a little this way—no, not so much; a little that way, now. That's it. Don't move, madam; it is exceedingly graceful."

Mamma didn't move. Then the man hid himself behind a box, played bo-peep with mamma, shook something at me, when suddenly off he went, carrying something with him.

Mamma kissed me and said I had been as good as an angel. Oh! how that angel puzzles me.

Then the man returned and said: "Now we will take him without his cap." And again they went through the process of arranging my dress and assuming attitudes. Then the man, looking at us, said: "There, madam, don't move! That's beautiful, artistic! I see you understand posing. One, two, three!" Then he threw up his hands, made faces at me, and again went off.

He returned saying: "This is a great success—so graceful! Oh! the wave of your hair, the lace around your throat, is a study."

"That will do," said mamma, looking at a piece of glass. "But now I want one that will show his pretty neck and dimples." So I was undressed, as I am when I go to bed; I felt cold and tired. They took me again, but they had such a time in fixing my arms and my legs! Finally they dressed me again; the clothes felt good, and I was so tired that I fell asleep. I

dreamt of the dreadful man of the pictures, his hair standing out, his fingers ploughing through it.

It was a long time before I woke up, and then I found myself in my crib. They said I was sneezing and must have taken a cold; I thought I had taken a picture. How my nose tickled! When it tickled I burst out with a queer noise and my eyes became full of tears.

During the night I was awakened by mamma's getting up and saying: "Baby has fever." I felt hot and thirsty, to be sure; milk tasted hot. They gave me water; that tasted good. I wanted it all the time.

Next morning mamma sent for the doctor.

I had taken a picture, I had taken cold, now I had to take the doctor.

What was it like? When he came I was astonished to find he was a man, but so unlike my father! He had not a particle of hair on his face; he looked as if he had been sorry all his life. He looked at me as if he wanted to know me again; then he wanted to see my tongue, and because I did not show it to him, he thrust two big, fat fingers into my mouth. I fought and cried, but in vain. The tongue finally came out: there wasn't room enough in my mouth for his fingers and my tongue. He was delighted with his success. "The dear little fellow did show it, after all," said he, chuckling. I had not; I had only cried.

"Nurse," said the doctor, "this child has taken a bad cold—very bad!"

"No fault of mine, sir," said she.

"We will not argue about that now," said he smilingly. Then he hesitated, looked serious, and said: "Give him some castor-oil now; we will learn more by and by."

Mother, who was quietly looking on, suddenly remarked: "Doctor, you have not told me what ails my baby."

"Nothing serious, I hope," said the doctor. "To-morrow will decide."

"Decide what?" asked mamma.

"Don't fret, my dear," said the doctor, patting my mother. "Your baby is safe with me, you know; don't fret." And he went off.

My helplessness is my enemy. The most dreadful stuff was forced down my throat. I cannot express my abhorrence of that doctor. In a few hours I was far from being well. I understand now what my nurse means when she says, "I disremember." I have learnt now that there are things that even a baby should disremember. That oil is one. But I must say, for the benefit of doctors in general and babies in particular, that castor-oil and babies will never agree in this world.

I was not much better next morning. The doctor came in; I did not want to see him, so I cried. My mother looked bad, too, and met the doctor, saying: "It was too heavy a dose for my baby."

"Yes, yes, my dear, I know; but it is easily mended. Ten drops of paregoric will settle it; if not, give ten more in three hours."

My father came in then and remarked: "Doctor, that oil has played the very mischief."

The doctor laughed.

"May I ask," said father, "what you gave the oil for?"

"Oh! on general principles."

"Yes, I understand," said father; "but what relation did the oil have to the child's trouble?"

"The removal of obstructions," answered the doctor. "Always well to have a clear field."

"But were there any obstructions?"

"No, but there might have been."

"Well, then, what about this paregoric?"

"You can understand that I do not want exhaustion . . ."

"No, of course not," said father; "but will not paregoric obstruct?"

"Not in that direction," answered the doctor. "Good-morning. Will drop in later."

Things don't taste to me as they should. Nurse said that paregoric tastes nice; then nice is not pleasant. I am getting acquainted now with tastes. I shall not take any nice things, if I can help it.

Mother says I have a cough. What next? Also that fever runs high. I do not know what she means; but I remember what nurse said

when I wanted to put my fingers in the candle: "Burny burny." I am trying now to establish in my little mind the relation between a candle and a fever, for I am burning all the time and want water, cold water, just as nurse did with my burnt finger. This heat confuses me, and sometimes I do not know where I am.

The doctor called again, and all I heard him say was, "Nitre and ipecac." What on earth is that? Oh! what a hot night! I would have slept but for my nurse waking me to give me nitre and ipecac. I do not know anything about nitre, but ipecac—ugh!

The doctor begins to be a horror to me; he never comes without saying I must take something, and everything else is worse than the other. I look at mother for relief, but in vain; even she is willing to torture her own baby. I feel that I am misapplied. Can't a baby be put to a better use?

They say that I am better now, however, and that the doctor need not come. Mother is kinder, too; she no longer gives me those horrid things. Nurse talks about baby's toothies; she says I have six teeth. I suppose I have; I have almost everything.

Herma came in and saw the pictures. "Very graceful, very pretty indeed!" she said.

"That stupid man!" exclaimed mamma. "I told him I wanted baby's picture, and here he has put me in like an overdressed nurse."

"No, no, my dear," said Herma; "nobody could mistake your pretty face for that of a nurse; besides, your elegant drapery would save you."

Mamma's face reddened. But Herma, turning to me, said: "How badly the baby looks! I suppose he has taken cold at that dreadful place."

"I do not know that he took cold there," observed mamma.

"No, no, of course not. But what do I see? A picture of the little baby, too—O the darling! You might have left off his little chemise, as he would look such a perfect Cupid. Pity we have so bad a climate, else we might fill our parks with cherubs and Psyches. But how long has he been ill?"

"For a week," answered mamma.

"A week! Then the little thing had better put out his sign."

"You are so droll, Herma! What do you mean?"

"The sign of an apothecary's shop."

"There you go. You are perfectly insane on that subject. You seem to think that babies never need medicine. In fact, I don't believe you would allow it to sick people at all—and then how they are to get well I'm sure I don't see!" And mamma was not happy for the rest of the day.

**

Yesterday was a beautiful day. Mamma showered kisses on me and then said I must go day-day. Nurse was well dressed; she looked as if she had been scrubbed. Was she going to have her picture taken? I wondered.

**

Nurse was very good and took me a long jaunt. We did not go to the Park, but through streets where the walls were so close that I was afraid they would tumble over us. I saw so many babies, girls and boys, on the way! These children did not seem very much dressed; some looked as Herma said I did when my picture was taken—"Cupid," I believe she said. They had such fun! They had kittens, puppies, and some things I had never seen before—little pigs. The boys would pull their curly tails, and they squealed. I wanted to play with them, too; but nurse said, "No, no; dirty, dirty; hawky, hawky!" Such yelling and shouting! They had ropes, sticks, stones, tin pans; some wore hats like papa's, some had one boot on, some had none. It was so jolly! Yet nurse would go on and never stop. They threw things at me, pulled at my dress, and shouted, "Give me a ride!" Nurse struck one or two on the head, saying, "Go away, you wretches!" I thought nurse was cross and unkind.

**

Finally we stopped at a little house; they had such a time getting me and my carriage through the door! In a little, dark room I saw a big fat woman, who came forward, saying, "I'm glad to see you"; then, turning to me, exclaimed, "And this is the little darling, is it? O you beautiful little creature! How lovely he is! Take his cap off. O the lovely curls!" She took me out of the carriage and kissed me ever so many times. She took off my coat and looked at my clothes; she seemed to like the handkerchief around my neck, which was so full of holes.

"Will you keep him here for a little while?" said nurse. "I won't be gone but a minute."

"Keep him? Yes, indeed," said the fat wo-

man. "I'd keep him all the time, the dear little creature!" and kissed me again.

"I want to see my niece, just for a moment," said nurse. "Now, baby, you be a dear baby; no cry. Will be back in a minute," then kissed me and went out.

**

As soon as nurse was gone I began to cry; but the fat old woman took a tin pan, struck it with a key, and made a fearful noise; then she gave me water to drink—said I was thirsty. Then the old woman brought in a little girl who had a kitten in her arms. The little girl seemed afraid of me. The old woman said, "Maggie, give the kitten to the baby." Maggie wouldn't, but the old woman said, "Give the kitten to the baby this minute, you naughty minx!" I thought Maggie was about to cry, but she didn't. She threw the kitten at me, however. Kitten scratched me, and I cried. The old woman slapped Maggie, and still Maggie did not cry.

**

"You stay here for a minute," said the old woman to Maggie, "and don't you worry the baby; do you hear?" And, shaking her finger at her, she left the room.

Maggie then pulled off my neck-ribbon, threw a piece of paper at me, snatched the kitten away, made faces and spat at me just like Kitten, jerked me and pulled my hair. I became frightened, and cried. The old woman came in and said to Maggie, "You dirty little minx, you worry the baby, eh?" and pulled up her clothes and slapped her. Maggie cried this time; so did I.

**

The old woman took me up and tried to soothe me; her hands were wet. Then she put something into my mouth; it was sweet; I liked it. Then she gave me something that looked like bread, only it was sweet, too. The old woman was good and played with me, but Maggie stood in the corner. Then a big man came in and threw something down that made a great noise.

"Well," said he, "what now? Who's this stranger?"

"This is Master Harry —; he is the sweetest baby in the world," said the old woman, and kissed me.

"Sure enough," said the man. "Why, you little man, want to go a-fishing?"

I looked at him. I never saw such a looking man before, and I felt like crying; but he shook his big finger at me and said: "No, no; no cry, little man? Want a fish?"

I was afraid to cry. Then he put on my hand

a sleeky, cold thing. I took my hand off. The man laughed so loud that I was frightened.

"There," said he, "I have gone and done it! Here, old woman!"

The old woman came; I was so glad! "My darling little cherub you, you not afraid of the good old man? He not hurt you."

I was getting very tired and confused, so I cried. But the old woman took me up in her arms, and I went off to sleep.

The next I heard was my nurse calling out:

"O my darling, my sweet darling! Here I am, baby; never go away again. Been good—yes, very good?"

"The sweetest angel under heaven," said the old woman; "never whimpered."

Nurse fixed me up hurriedly and said: "Good-by, good-by. I am in a great hurry. Didn't intend to stay so long; but that niece of mine will be the death of me yet. Never heard of such goings-on. Good-by."

The old woman gave me a kiss and said: "Come again, you blessed thing—come again."



NURSERY PROBLEMS.

LOSS OF APPETITE.

To the Editor of BABYHOOD:

My baby-girl is nearly eleven months old; she weighs twenty-two pounds and was doing nicely until lately, when she seems to have lost all her appetite, taking hardly a bottleful through the day. I feed her on milk and Mellin's Food. What had I best do? She has but two teeth, her hands have always been cold and clammy, yet she is said by all to be a healthy-looking child. Please give me some advice. She is my first baby.

A. S. P.

WORCESTER, MASS.

The little girl has one evidence of good health—namely, fair weight. On the other hand, if a child of eleven months has but two teeth there is reason to think that in some way its nutrition is defective. In this case, moreover, the hands have been cold and clammy, which may be taken as an evidence of an imperfect circulation. At the moment of our correspondent's writing the appetite had failed. There are many points which are not stated, but we may give "A. S. P." a few hints regarding things to be looked after in her baby's case. The slow coming of teeth—in this instance not so very slow—is usually suggestive of that form of malnutrition called rickets. Something was

said on this point in an article on "Teething" in an early number of *BABYHOOD*. The loss of appetite in a small child will ordinarily be better overcome by the removal of the cause than by the administration of tonics. The mother should, therefore, look to the condition of the digestive apparatus as well as she is able. She should notice if Baby's tongue is clean or furred; whether the movements are natural as to color, consistency, and smell, or whether they are too dark or too light-colored and chalky, constipated, or too liquid, offensive in smell, or too sour. Even if she is unable to correct the abnormal condition, it will enable her to give to the physician, when called, so clear an account of the state of affairs that he can prescribe with much greater certainty and effect. The mother may, however, do something by herself. If there be constipation with the furred tongue, the familiar remedy of the spiced syrup of rhubarb with the bicarbonate of soda in proper dose will be pretty certain to relieve, at least for the time. If the bowels are loose, the directions already given regarding summer complaint will be found useful. If the movements are white and chalky, no remedy that can be prudently used without medical advice will be found more bene-

ficial than the phosphate of soda ; a small pinch of the powdered phosphate may be dissolved in a bottle of milk, once, twice, or thrice a day ; it is not objected to, as it resembles common salt in taste. If the stools are sour, the use of an alkali—lime-water if they are loose, bicarbonate of soda if they are constipated—may be of assistance. Better than all dosing, however, for correcting a disordered digestion usually is the change of food—bottle-fed children are here alone considered—and our preference is to give good sweet milk diluted with water, or barley-water, in place of any prepared or starchy food. By means of this change and the use of the simple remedies mentioned, much can be done to improve the condition of a baby's digestion ; still, it seems to us the part of wisdom not to carry domestic practice very far if good medical advice can be obtained, but rather to procure explicit directions suited to the particular case, and exactly to follow them.

A word about the cold hands. By themselves they are not important ; they are only to be considered as indicating something beyond. The commonest causes in little children are poor nutrition, feeble circulation, or undue perspiration, which is cold only in the remote uncovered parts which the feeble circulation cannot keep warm. The cure must lie in the improvement of the nutrition and tone, but some help may come from the addition of salt to the daily bath and the sponging of the parts, rather than their immersion in water.

THE DIET OF NURSING MOTHERS.

To the Editor of BABYHOOD :

I wish you would publish from month to month a short table of things in season which a healthy mother of a healthy nursing child may eat with safety to the infant—e.g., are green peas hurtful ? blueberries, etc. ? W. C. P.

GOFFSWORTH CENTRE, N. Y.

The articles of diet of a nursing-mother may be roughly divided into three classes : Those which agree with nearly every one, those which disagree with nearly every one, and those which act very differently with different people. By agreeing we mean that neither mother nor child suffers. By way of example, milk is the type of articles nearly universally acceptable ; so to most persons are eggs, flesh diet, including poultry, while fish and game occasionally disagree. To the second class belong articles of difficult digestion, or those of more easy digestion which contain some powerful principle that is eliminated through various organs of the body, the milk-

glands among others, such as onions, cabbage, turnips, etc. Every one knows how the flavors of these vegetables are recognized in cow's milk if the animal has eaten them. The greatest difficulty lies in the articles of the third class, for if they would agree it is a pity to deny the mother the advantages of a varied diet ; if they would not, they should be avoided. Take the two articles mentioned, for instance—green peas and blueberries. The peas belong to a large group of starchy vegetables which agree perfectly with many, and which form for them a very desirable and suitable part of their diet ; but there are many persons who cannot take starchy food in any amount without incurring the risk of indigestion and perhaps colic. Such persons are likely to have a similar difficulty in digesting sweets. The blueberry—and the remark will apply to very many other fruits—if entirely fresh, will agree with most people ; but if not quite fresh, or if eaten when the person is fatigued, or if swallowed with little chewing, as small fruits often are, may easily prove indigestible and excite diarrhoea and cramps, with similar disturbance in the baby. Cooking often renders berries digestible by stomachs otherwise unable to deal with them.

These two examples will illustrate how difficult it would be to make general rules that would not be full of exceptions. The disagreement of popular oracles as to the propriety of certain articles of food for nursing-women lies not in the peculiarities of the articles themselves, but in the idiosyncrasies of the various stomachs into which they are put ; hence the old adage, "What is one man's meat is another man's poison."

SYSTEMATIC WEANING.

To the Editor of BABYHOOD :

I apply to you for advice in regard to *systematically* weaning my baby. She is now ten months old, well and hearty and plump, though having as yet no teeth. She never has been fed at all, nothing except water ever being put into her mouth. A chicken-bone or a crust of bread she often has to play with, but that can hardly be called food. There is still an abundant supply at "Nature's fount," but I would prefer to wean her as soon as settled cool weather comes. What should she have to begin with, and in what quantities ?

"INEXPERIENCE."

BUFFALO, N. Y.

Although there are exceptions, some of which have already been instanced in *BABYHOOD*, usually a child can be successfully weaned with no great difficulty if the mother simply persists in her purpose. The infant, of course, does

enjoy the change, and the greatest obstacle to the weaning is the mother's natural desire to yield to the little one's importunities. As a contrast it is interesting to study the skill with which the domestic animals wean their young at the proper time. In the weaning the welfare of the child is, of course, the prime consideration, but the mother's comfort should not be overlooked. For the latter reason, if the supply of milk be still large, the abrupt cessation of nursing may be undesirable, owing to the distressing filling of the breasts.

It is assumed that the weather is settled and that the child is suffering from no ailment of moment. It will much simplify matters if the mother has a trustworthy assistant who at first can attend to the feeding, as the child will not then be constantly begging for the breast, and, if hungry, will probably take the food prepared for it. The mother should keep out of sight, and, if possible, out of hearing. The food should be given at the usual hours for nursing, and the quantity should be as nearly as possible the same as that taken from the breast. The bottle may contain at first about a gill, and if it should prove to be not enough more can be prepared for the next time. It should be freshly made each time and given at blood-heat. The particular kind of food must depend upon circumstances. Where good cow's milk can be had it should be the basis of all baby's food. As to what should be mixed with it, different persons naturally differ slightly. Our own preference is for barley-water to dilute it and sugar of milk to sweeten it. As the child grows older and stronger less dilution is necessary, and the change can be gradually made. If the child's digestion is delicate the milk may be peptonized with benefit, and by some of the methods a liquid very closely resembling human milk may be obtained. If, however, a healthy child is old enough to wean, this precaution is rarely necessary.

The various "foods" have their value chiefly in towns where absolutely good milk is hard to procure, or in exceptional cases where milk is not borne well. As the child grows older some farinaceous food should be added to its milk; and we think nothing is better suited to general use than barley, properly prepared.

QUESTIONS OF DRESS.

To the Editor of BABYHOOD :

(1) I have a dear little girl, nearly three months old whom I have already put into short clothes, as very large for her age and as fat as she can

be, and I should like to know how to clothe her during the coming cold weather—that is, for the house.

(2) How old should she be to dispense with her flannel band?

(3) What clothing will she need at night for winter-time, and of what material should the night-gown consist?

Country-houses are very cold, at least mine is, through the halls, but I have a stove in my bedroom.

I shall be very grateful to have these questions answered, as they have bothered me for some time.

ORANGE VALLEY, N. J.

C. B.

(1) Clothe her as in summer, but with thicker flannel shirt and skirt, adding a warm flannel sack for the upper part of the body. Have long stockings and soft, warm shoes.

(2) Do not take off the flannel band until she is six months old. Better let her wear it this winter.

(3) Band, undershirt, pinning-blanket, or "barrie-coat"—i.e., a long flannel skirt open behind—and a long night-gown. In your cold house it would be well to have, besides these, a loose flannel gown to cover all at night. Make the sleeves long enough to come down over her hands. Such a wrapper of pretty colored flannel or merino, bound with galloon, is useful "to wrap the baby-bunting in," in carrying her from room to room. The prime essential is to keep her warm.

CONCERNING "NURSERY COOKERY"—A DAMP CELLAR.

To the Editor of BABYHOOD :

We are much pleased with *BABYHOOD*; it is the best friend and adviser I have on the subject of babies' wants.

(1) I should like to ask, How old should a baby be before the foods described in "Nursery Cookery" should be fed to her? My baby is eleven months old, and the "Model Baby" described in the June number of *BABYHOOD* is as good a description of her as I can give.

(2) Should cracked wheat, oatmeal, etc., be strained before being fed to her? Is oatmeal generally considered good food for a baby? Our doctor, when consulted on that point, replied, "Oats are a very good food—for horses."

(3) Is a cellar in which the water stands from an inch or two to a foot deep after a rain or thaw, but gradually soaks into the soil, which is very sandy, unhealthy or a bad place to keep milk? Our cellar is in that condition, but has been pronounced all right by the Secretary of the State Board of Health; but as he is also our landlord, we remain in some

doubt. I hope I have not troubled you with too many questions—they all seem so important.

F. L. B.

(1) Until a baby begins to "drool"—water at the mouth—he should be fed on mother's milk or milk-and-water only. A healthy infant six months old, under the conditions named, may have *thin* porridge, should the natural supply fail.

(2) If the directions laid down in "Nursery Cookery" (see February No.) be exactly followed it is not necessary to strain porridge. But it must be well soaked, thoroughly cooked, and not too stiff. Oatmeal supplies phosphates to bone and brain, but is better for winter than summer food. That it is "good for horses" is not an argument against its use. Farina is more digestible for babies under two years old.

(3) Your cellar ought to be drained. Such a one as you describe is not good for the milk, nor for the baby that owns the milk, nor for the parents that own the baby.

VARIETY IN FOOD.

To the Editor of BABYHOOD :

Please tell me how soon one should begin to give a baby *solid* food. Some of my neighbors insist that I ought to be feeding my four months-old daughter with baked potato, crumbed bread, and the juice of rare steak. She is a bottle baby, and since I found Liebig's food prepared by Savory & Moore she has grown nicely, is even-tempered, happy, strong. I dread taking liberties with her little stomach; but, on the other hand, I am warned by the death of my beautiful little boy at eight months that perhaps I ought to accustom her to a variety in order that I may have something to fall back upon in case of sickness, or the failure of her present food to agree with her. I shall be glad to receive advice from you.

F. T. C.

SPOKANE FALLS, WASH. TERR.

Your officious neighbors are most unwise in their counsel. If you were nursing the baby you would not ordinarily think of weaning her under nine or ten months of age. She would have a long course of artificial liquid food after that before it would be proper to give her solid food. The fact that she has been deprived of the breast does not make her any stronger or better able to deal with solid food than other babies. The "variety" for a young child must be obtained from liquids, milk or milk and farinaceous compounds. If you have a thing that

agrees with your infant keep to it until you have a clear reason for changing, such as impaired digestion or health, cessation of growth, and loss of strength. Of the three things urged upon you the beef-juice would not be necessary for a child doing well, although it might not be harmful; the baked potato and the crumbed bread could hardly fail to be pernicious at four months of age, or for some time after.

A DISLIKE TO BATHING.

To the Editor of BABYHOOD :

What is to be done when a baby does not like his bath? He is fifteen months old, and this anxious auntie has never tried to bathe him until this summer. He endures the preliminary soaping with a pitiful murmur of expostulation, but to put him in the tub for a good sponge-off brings a storm of tears and wails and a desperate clutching at his auntie's dress. As soon as the rubbing dry fairly begins he is happy again, and cooes and gurgles and laughs in the most fascinating manner, and, after he is rubbed and patted into a fine glow and frolic, has his milk and a lovely quiet nap that goes far to persuade his auntie that the bath is good for him. Now, is it good for him if he cries so hard, and how shall he be persuaded to like it? (It is tepid water, not cold.) His mother avoids the crying by a sponge-off on her lap, and his auntie asks for light. L.

In the March number of *BABYHOOD* you will find what might be accepted as a means of escape from your dilemma. "In our opinion, immersion in the tub is only supplementary to the washing of the body with the rag or sponge, and, except when the child is ill, has no special virtue beyond completing the cleansing operation." Still, if you can by any ingenious device make the plunge-bath tolerable, "the cleansing operation" will be better performed. It opens the pores and removes the alkaline soap more effectually than sponging on the lap, however well done. One baby, who had an antipathy like that manifested by your nephew, was beguiled out of it by being allowed to play with a tin cup while in the tub—to sail and dip and splash with it at his own sweet will. To another was given a rubber doll, which he bathed in imitation of what was done to himself, the toy never putting in an appearance except when the baby was submerged. So bright and fond an auntie need only exercise her wits to invent some sport equally tempting.



BABY'S WARDROBE.

AUTUMN FASHIONS.

IN autumn styles for little children the plaited skirts and Molières show increasing popularity. Suits in this easy and comfortable fashion are displayed at many leading houses, formed of every sort of material, from "homespun" to Lyons velvet. After these follow the ever ready and serviceable dresses with skirts of flannel, trimmed first with rows of galloon, and then box-plaited. The Jersey in this case matches the braid-trimming in color. For extra warmth, for out-of-doors, a little English cut-away coat is worn above the trim Jersey-waist, the coat being made of the skirt-material, turned back with narrow *revers* faced with velvet, or covered with horizontal bands of the galloon. The English one-piece dresses are now improved upon by added jacket-fronts, which fall straight from the neck to a few inches below the belt-line. The waist fastens in Breton style under one side, and is decorated to simulate a vest.

Ladies who fashion their children's dresses will discover, when making a shopping tour in search of appropriate fabrics for suits and wraps for this season, that the market is already full of fine, double-width goods which, while extremely low in price compared with those of seasons past, are yet finer in texture and handsomer in color and combination—although it is almost impossible to find any material under the sun that is *wholly* a novelty. This is not strange, as for years there has appeared a constantly accumulating variety in dry goods, and the standard fabrics have each season improved upon those of the last; so that while there are few fabrics that are radically new, there is manifestly a change for the better, and any judge can see at a glance that the "early fall styles" strewn upon the counters, though familiar in appearance, are not last year's stock, but fresh from the looms.

All the plaids this season are beautiful, there being an absence in the majority of over-brilliant coloring, and nearly all the patterns for men's wear are small in size. Plaids and

checks are to have a wide following for both little boys and little girls, for over-garments as well as dresses, these frequently being made *en suite*. Plaided goods in camel's hair, cheviot, and other light wool materials come in rich, deep blue, olive, wood-brown, and dark myrtle-green backgrounds, with three or four thread-stripes of a darker shade, these recrossed with one heavier line of cardinal, golden-brown, or deep gold color. The very fine-textured, two-thread twilled effects in camel's hair are also very desirable for children. These are woven in such a manner that a tiny diamond appears on the surface in a contrasting color, or of a deeper shade. Plain camel's-hair goods are shown in beautiful autumn dyes and of varied weights and values. Seaba cloth, and *drap de Thane*, a sort of light, Scotch woollen goods, but very firm and durable, each find favor with ladies who have used them.

Machine-embroidered cashmeres are reduced in price considerably, and are therefore finding ready sale. These, in dainty patterns and narrow borderings and flouncings, are made up exactly as the embroidered muslins were during the summer—with "all-over" yokes and sleeves, and skirt-trimmings of the frills. Turkey-red calico, we may here remark, will be used for little children's aprons and dresses during the entire season. The yoke portions are now laid in inch tucks running up and down to make them warm about the shoulders. The sleeves are tucked horizontally and finished at the wrists with the red-embroidered frills.

Little boys are as generously remembered in autumn styles and materials as their little sisters. The variety in tweeds, meltons, cassimeres, serges, tricots, mixed suitings, chinchilla cloths, cheviots, diagonals, and fine striped and checked woollens, brought out for gentlemen's attire, are each and all appropriated to the use of the little men.

Best & Co., in Twenty-third Street, are showing a little world of attractions for children this season, and their large show-windows present an array of costumes for boys and girls which de-

light the eyes of their mothers. There are numbers of really new and elegant departures among their line of imported models; but aside from these are beautiful domestic suits and over-garments that tempt the purchaser in search of unique and uncommon styles. One new and *chic* little model for boys we here present.



Suits after this design are made in fancy suitings, shepherd's checks, and plain unpatterned woollen fabrics. The short skirt is kilted its entire length, being first turned up with a deep hem, which is held by rows of fine machine stitching. Directly in front is one very wide box-plait, this held down by buttons, with button-holes worked down one side only. The skirt is separate from the jacket, and is finished with a wide belt, which is stitched to hold the kilts firmly in place. The natty little coat is finished front and back by folds of the goods taken in exactly like cluster-tucks, stitched down, and pressed very flat. A feature of this jacket is its crenelated finish at the lower edges, the tabs being set on separately, and also machine-stitched. These tabs are double, the under one quite broad, with a duplicate above cut about half an inch, and ornamented at the lower points with two fancy buttons. The neat collar and cuffs are finished to match the other portions.

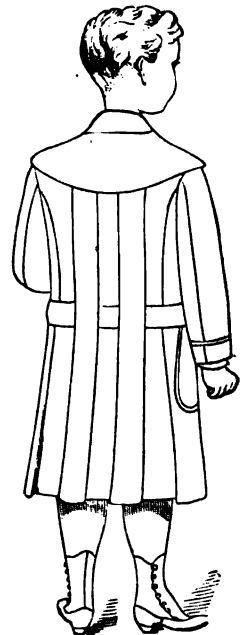
The little "bicycle" or blouse shirts of plain or figured woollens are great favorites this season, taking the place for general wear of the plaited shirt-waists of striped and sprigged linen worn all summer above kilts or knee-pants. These lace across the front with gay-colored cords, and the favored young Americans who wear them once are loath to be put into any other style of waist thereafter. They are certainly boons to mothers, as they save much work in the laundry, as do also the wee pants which are now added to boy dresses in lieu of the white muslin

drawers that were formerly considered the only wear suitable for boys in kilts. These are far more protective for cool-weather wear, and also keep clean much longer than the white ones, which a lively, healthy boy can manage to render gray, green, or black in half an hour if left to follow his own sweet will out of doors. The pants are made very short, the merest glimpse of them showing below the dress-skirt, and they invariably match the suit worn above.

Vest effects and vests actual, made of velvet or cloth, are noticed upon a large portion of children's new costumes, even for those of two and three years of age. Suits of this sort are, of course, appropriate only for dressy wear. There is, after all, nothing for every-day use like an easy sailor-blouse with kilts, a modified Hubbard, or the English "one-piece" dress, with princess fronts.

Polo caps and "Tam o' Shanter" hats are the chosen head-coverings for children at present, and will continue to be worn until the extreme cold weather shall make more ear-protective styles necessary. The polos are made of goods to correspond with the plain or figured cloth suit. The "Tam o' Shanters" are variously made of velvet, plush, felt, cloth, and silk stockinet. Head-coverings in Turkish-fez style are still fancied, and these in bright scarlet or dark blue are worn by children of either sex.

Among the stylish new wraps at Best & Co.'s were some jaunty utility garments. One model is here reproduced. This design was made up in seal-brown, myrtle-marine blue, and many other plain fabrics, and also in pin checks. Medium-sized woollen plaids in mixtures of dark Roman colors, marked with hair-lines in still deeper shades, formed the wrap here pictured. The garment is laid in box-plaits front and back which reach its whole length,



while curving side-seams fit it gracefully to the form. It closes down the entire front, and a belt is fastened a few inches below the waist with a pretty silver buckle. This style of wrap could be worn by boy or girl, though ribbon trimmings would make it more appropriate for the latter.

Among autumn wraps are stylish English coats of golden-brown cloth, braid-trimmed, or of velvet with heavy "silk face," fastened with handsome large enamel buttons and trimmed with cream-colored Irish point or Russian lace. Some of the more elaborate styles have an extra adornment in the shape of a heavy silk *cordelière* festooned across the front and caught up on the left hip with small loops and tassels pendent therefrom. Many of the wraps are lined simply with colored sateen, plain or quilted, this inexpensive fabric proving a bright, pretty substitute for satin, and of far better service.

Braids are still among the specially important items in the trimmings of children's costumes, from the fine *soutache* to the wider mohair braids which come in all gay colors and in black and white. The "Vandyke" braids are particularly pretty for little coats and suits. These are made of light-weight mohair, with threads of gold running through the basket designs. Used judiciously they give a rich and novel effect. When arranged upon a "home-made" dress, like machine-work, tucks, or folds, they

require a deft hand and the patient use of a hot iron pressed heavily upon the wrong side to impart the desired "store look," and to give the neat "tailor finish" of a gentleman's coat.

Before closing mention should be made of the little French *pelisses* for girls, many of which,



like the English coat-dress, are worn upon the street with no other dress beneath. Other *pelisses* part in front, showing a dainty dress beneath. Above is illustrated a French model recently copied by a lady of wealth, who from

choice makes all the varied and picturesque costumes her little girl wears. The wrap here given was made of dark blue satin *broché*, trimmed with cream-colored Richelieu lace and lined with dark red silk.

The tiny toddlers are still arrayed in the popular modified Hubbards, with body-portion gathered to a yoke front and back, and snugly gored at the sides to take away extra fulness. These are made just now mostly of dove-gray or India-red cashmere, lined with sateen of the same shade, tied with ribbons of a contrasting color, and finished with a deep, falling collar of Irish point lace.

DRESS NOTES.

—There is a fancy for making white China silk into dresses for children that are past the creeping age. The very best quality must be used or the dresses cannot be washed. Valenciennes lace and embroidery worked in silk upon the material are used either singly or in connection to trim these dresses, which may be made in simple Mother Hubbard shape, or in *princesse* form, with little jacket fronts simulated by the trimming. They are ordinarily high-necked, but one model is cut low-necked and sleeveless, to be worn over a *guimpe* of white muslin. The bottom of the skirt is cut into square tabs, buttonholed all around, and ornamented with a medallion of Valenciennes lace with the material cut out beneath it, and a vine of silk embroidery encircling it. The neck is finished with a band or yoke of silk scalloped on the upper edge, and cut into small tabs below, which are trimmed around with Valenciennes edging. A sash of the China silk accompanying the dress is finished on the ends with a decoration similar to that on the bottom of the skirt.

—In reply to the question of "Inquiring Subscriber," we state that the silk bands mentioned in the article on "Light Clothing for Baby" were made at home by cutting in two a silk handkerchief and making a nice little hem on the cut side. Some mothers knit nice bands of embroidery silk, but they are heavier than those made of handkerchiefs. Others use the pongee for such purposes, but unless that is boiled before use it smells disagreeably for a long while when wet. The soft, raw silk handkerchiefs have been treated to extract all the oil, and can be used for bands, and even cut up for little shirts to advantage in cases where children have a delicate skin.

THE NURSERY CATCH-ALL.

—Teach children to masticate thoroughly, slowly, and without smacking the lips. Also, not to make clucking or gurgling noises in drinking. Such practices are unseemly in baby or in grandfather. As offensive is the trick of licking the fingers after eating. Nursery-education is defective when slovenly habits of this sort are overlooked.

—Do not let your baby sleep with an elderly person or with an invalid. Delicate children should never be the bedfellows of the healthy.

—"Milk-sugar," so essential an element in the nutrition of infants, is found only in the milk of the animal-mother. No "artificial foods" that do not contain milk compensate for the loss of this ingredient.

—If your baby is over-squeamish as to his food, regard it as a matter of regret, and do not encourage it by lavish and frequent mention of the peculiarity. A child who will not or cannot eat the wholesome fare that contents others of his kind is not a hero, but an object of pity. When he is ashamed of it he will first conceal the infirmity, then try to overcome it.

—It is not generally known that stammering is contagious. Nine children out of ten will contract the habit to some extent by constant intercourse with a playfellow thus afflicted. Be on your guard against the first appearance of a halt or "hang" in articulation, and stop the blunder instantly before the word is uttered. Then insist upon slow and correct repetition of what tripped up the tongue. A few lessons of this sort will often prevent the evil.

—A little salt used in the preparation of children's food makes it palatable and wholesome. It is asserted by some writers on dietetics that entire abstinence from it increases the number and growth of intestinal worms; also that it is needed to make up for the quantity continually thrown off by the natural secretions of the body. Be this as it may, young children should not have porridges, vegetables, etc., salted up to the standard of their elders' tastes, nor ought other condiments—pepper and spices—be added to give flavor to their simple fare. The liking for salt may be animal instinct, but this will hardly be affirmed of the taste for nutmeg and mustard.

—After Baby is laid in the crib for night or day-nap feel his feet, to be certain they are

warm. If cold, wrap them in heated flannel. No modern device of foot-muff or hot-water bottle is more effectual for this purpose than the old woman's appliance of a hot flannel petticoat.

—Babies will get falls, and trips, and emphatic sittings-down in learning to walk alone. These are seldom severe—a slight bruise, a little fright, and a few tears cover the damage sustained by the tyro. The mother may comfort herself when these mishaps overtake him with the thought that they help to make him bold and strong, and are a part of mental, no less than physical, discipline. Do not pity him too much. Make light of tumble and blow, and laugh him out of his alarm.

—The foolish mother who beats the floor or wall or chair against which her child has struck and hurt himself is giving him a practical lesson in revenge which she need not be surprised to find reacting upon herself in time. A more sensible, by so much as it was a prettier, practice was that of a baby who was taught to pat and kiss the "poor" thing that had brought him to grief.

—To keep a baby quiet who has passed the age when everything goes into the mouth, touch the tips of thumbs and forefingers with gum-water or dissolved gelatine, and give him a downy feather to play with. He will spend half an hour in picking it from one adherent finger to another, and so back again.

—A string of spools, especially if the cord be bright-colored, is a more welcome plaything to a yearling baby than the most expensive toy you can buy, and a three-year-old will thread wooden button-moulds with a blunt darning-needle in infinite content while mamma's sewing goes on.

—It is a mistake to suppose that "babies love to be dirty." They may not enjoy the process of purification, but they are more comfortable when clean. It is possible to train them to ask, in pantomime, to have soiled hands washed before they can say in words that grime and viscosity are disagreeable.

—When Baby screams passionately for a coveted plaything do not give it to him until he is quiet again. He will soon comprehend that the surest way *not* to get what he wants is to cry for it. A little firmness in this respect will spare the mother much trouble, the child more.

NURSERY HUMOR.

"YOU never saw my hands as dirty as yours," said a mother to her little girl. "No, but your ma did," was the prompt reply.—*Central Presbyterian, Richmond, Va.*

A BRIGHT story in grammar is told of a little school-girl. "Quarrel," she parsed, "is plural." "Why?" "Because—why, it takes two to make one."—*Philadelphia Messenger.*

"GRANDPA, dear, we have come to wish you many happy returns of your birthday; and mamma says if you give us each a dollar we are not to lose it on our way home."—*Hartford Religious Herald.*

CONFIDENCE.—Bertha: "Grandma, is oor teef good?" Grandma: "No, darling; I've got none now, unfortunately." Bertha: "Then I'll give oo my nuts to mind till I come back."—*Pacific Methodist.*

A SMALL boy went to see his grandmother. After looking eagerly around the handsomely-furnished room where she sat, he exclaimed inquiringly: "O grandma! where is the miserably table papa says you keep?"—*Chicago Standard.*

A MIRACLE.—Pretty Teacher: "Now, Johnny Wells, can you tell me what is meant by a miracle?" Johnny: "Yes, teacher; mother says if you don't marry the new parson it will be a miracle." Teacher: "You may sit down."—*Ben Brierly's Journal.*

A NURSERY FABLE.

[For Babyhood.]

A BABY once cried for the moon,
So they got a toy moon for their pet.
But the babe wasn't satisfied yet;
It set up another wild tune

And cried for the star-spangled Dipper.
Did they promise to haul down the skies?
No; they tired of its "heavenly" cries
And made it "see stars" with a slipper.
—*Will H. Wall.*

Two little girls with their dolls. "Don't you find this warm weather very 'depressive,' Mrs. Brown?" "Oh! yes, Mrs. Smith; my child is so 'lustrated' by it that I have to feed her on lemonade and Charlotte 'roosters' all the time."—*Exchange.*

NOT THAT KIND.—Teacher: "Suppose that you have two sticks of candy, and your big brother gives you two more, how many have you got then?"

Little boy (shaking his head): "You don't know him. He an't that kind of a boy."—*Central Presbyterian, Richmond, Va.*

"MY dear," said Mrs. Oscar Wilde to her husband, "will you not be happy if I some day present you with a little flower of a daughter?" "I would prefer a son flower," was the quiet reply, and then for a few moments the silence was so deep that you could hear a gumdrop.—*St. Paul Herald.*

A THREE-YEAR-OLD little girl was taught to close her evening prayer, during the temporary absence of her father, with "and please watch over my papa." It sounded very sweet, but the mother's amusement may be imagined when she added "and you better keep an eye on mamma, too."—*Exchange.*

LITTLE ALBERT, overhearing a conversation in and to a boy in the neighborhood feeling no pain

while his hurt foot was being amputated, as the doctors placed him under the influence of chloroform, thought "that a little influence from chloroform would be good for a fellow when he was going to get a licking."

INFANT IDEAS.—A South Side man took his little girl, just able to talk nicely, to the lake-shore Sunday afternoon. The waves were gently rippling on the beach, and when her father was not looking the child managed to get one foot wet. She ran to her father with tears in her eyes and sobbed, "Papa, lake step on Baby's foot."

"So you have got twins at your house?" said Mrs. Bezumbe to little Tommy Samuelson. "Yes, ma'am, two of 'em." "What are you going to call them?" "Thunder and Lightning." "Why, those are strange names to call children." "Well, that's what pa called them as soon as he heard they were in the house."—*Baptist Weekly.*

MRS. BLANK: "What wonderful things are done now!" Mr. Blank: "In what way?" Mrs. Blank: "Every way. The paper says a new telephone instrument has been invented by which the crying of a baby may be heard at the distance of a hundred miles. It don't say who was the inventor." Mr. Blank: "Then he must have escaped."—*Philadelphia Call.*

A BRIGHT little girl who lives in Hyde Park asked for a second saucer of ice-cream the other evening.

"I don't think it's good for you; ask your father," said her mother.

The girl went into the library and put the question. "Not much," said her father emphatically.

"Papa says I can have a little," she reported to her mother with truthful and innocent eyes.

As a governess was superintending the dinner of her charges, who had a nice dish of pudding for their dessert, she thought she would improve the occasion to teach a moral lesson. So she said to the eldest little boy:

"Tommy, if there was a poor man starving in the street, what would you do to help him?"

"Why," said Tommy, "I'd give him your pudding." Human nature.—*Exchange.*

A PRECOCIOUS youngster, who had been piously brought up, was told that he might go with his mother to a Sunday-school picnic the following day. When bed-time came he said his prayers with great unction, and immediately went through them a second time.

"What is that for, Fred?" asked his mother in surprise.

"I'm sayin' 'em twice so as I won't have to say 'em to-morrow night. I'll just be so tired I can't remember the words."—*Chicago Tribune.*

THE CHERUB'S INQUIRY.—Children's ideas of usefulness in this world are primitive, to say the least. A Boston editor has a five-year-old boy who has pronounced views on this subject. He said the other day at the table:

"Papa, I wish you were a bakeshop man!"

"Why, my boy?"

"Because then you could bring home cakes and things, an' we could go in and get cookies when we wanted to. Or if you were a meat man, or a grocery man, or a carpenter and made nice things, or a blacksmith-shop man—that would be awful fine. Say, papa, is it any good what you do?"—*Boston Evening Record.*

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. I.

NEW YORK, NOVEMBER, 1885.

No. 12.

IN the first number of BABYHOOD the subject of vaccination was discussed, and in the course of the article the belief was expressed that if vaccination were neglected for a single generation "there would be a return of the pest that would recall the old state of affairs." We did not then expect that an example of what may be caused by such neglect would be so soon afforded as it has been by the Montreal epidemic. The cases of small-pox have already numbered thousands, and the mortality has been very heavy. All this is the direct result of the stupid neglect of vaccination on the part of individuals, and the culpable connivance at this neglect on the part of the authorities who should have enforced the law. Those who are in a position to know attribute the great prejudice of the French-Canadians against vaccination to the efforts of some anti-vaccination "cranks" among medical men, seconded by ward politicians who had their own "axes to grind" in stirring up opposition to the authorities. A few cases of erysipelas occurred opportunely to help on the clamor, and the excitable people were ready to make a race question of it. Now, at last, when the mischief is done, vaccination is enforced to a certain degree, and after months of misery the course of the epidemic will probably be arrested. The bitter experience of this season will doubtless convince the ignorant sufferers of their mistake, but for those who incited them to resist their only means of escape there ought to be some mode of punishment beyond what now exists.

In sending our little children to school we can greatly add to their health and comfort if we make sure that they have overshoes that they can easily put on themselves, sacks that are buttoned without difficulty, and, in general, garments that they can manage themselves. We send them to school in the morning all properly "bundled up," and rest assured that the chilly winds and damp walks cannot affect them. But go by that school in recess, and you find half the children insufficiently clad, simply because they cannot put on their own garments. Even the best of schools cannot attend to this matter for forty or more children each recess, unless a special attendant is appointed for the purpose. In the kindergarten these matters are looked after as a part of the general care, but in the common primary school it is often impossible to attend to them, and we find our carefully-dressed children returning with wildly-blowing cloaks and capes, and overshoes in hand, in the bleak north wind or the driving rain. This is simply because we have provided them with such elaborate garments that they can be put on only by experienced hands, or have failed to teach them to fasten what they have. If we attend to this, many of the usual mysterious coughs and colds will fail to appear next winter. We all remember the little child with a mysterious cold, in Hans Andersen's story of the "Elder-Bush," to whom "the merry old man who lived at the top of the house" would not tell a story till the boy had answered this question: "How deep is the gutter in the street opposite that you pass

through in going to school?" He is merely the type of an ordinary child; not by any means a bad child either, only, like most other children, quite forgetful of consequences.

A number of years ago Dr. Nathan Allen, of Lowell, Mass., excited much discussion by an article on "National Degeneracy," in which he pointed out the exceedingly low birth-rate among New England women, and claimed that the real American stock of the past is rapidly dying out. In a recent article he discussed another topic more within the scope of BABYHOOD—namely, the growing inability of American women to nurse the few children they do bear. The bottle or the foreign-born wet-nurse is a very frequent need in families whose ancestresses never failed to furnish from their own breasts all the nourishment their infants required. Now, while we think that a good deal of both the apparent sterility and inability to nurse could be explained away, nevertheless the fact remains that a very large and apparently increasing proportion of mothers who are anxiously desirous of suckling their own babies are unable to do so. This fact has puzzled all observers. Dr. Allen's theory of its cause is essentially this: That there is a standard of structure and a normal balance of the system which is necessary for the best performance of all the functions, and if any one part is cultivated or stimulated at the expense of the other, then some function will suffer also. This disturbance has occurred as regards the function of lactation, and the probable cause is the over-development in the direction of sensitiveness of the nervous system, with a corresponding impairment of everything else.

"The attention of the Health Department has been called to the danger of poison in some of the dyes used for red and black stockings. A woman recently took an eight-year-old girl to Commissioner Raymond and complained that the child's legs were inflamed and irritated by wearing cardinal stockings. These were analyzed by Analytic Chemist Grothe, who found that a poisonous form of antimony or tartar emetic was used to set the aniline dye used to color the stockings, and that this was the active cause of the irritation. The stockings were pur-

chased at one of the leading dry-goods houses of the city."—*Exchange*.

A word of caution to the thoughtful ought to suffice. The danger of poison by absorption through the cells of the skin is not a thing to be lightly overlooked. Some constitutions are more sensitive than others to this sort of poison; but even when the irritation produced is not excessive it is quite possible that a good deal of childish naughtiness and fretfulness may be set to the account of the disagreeable friction caused by the red socks which are thought so becoming.

Foundlings are so seldom reclaimed or even inquired after by their parents that the history of ninety-nine out of every hundred goes back no further than the entry in the blotter of the police-station to the effect that upon such a day, at such an hour, Officer No. — found a child. A brief description of the clothing is recorded when the child reaches the Central Office, and then, christened with a number, the New York waif is sent to the City Nursery on Randall's Island to take its chances. Whether to make the abandonment of these children more difficult or more easy is a much-disputed question. In some countries it is made easy for any miserable mother to rid herself of a child, the temptation to infanticide being thereby lessened. Upon the other hand, the very ease with which a child may be thrown upon the public care may encourage parents to shirk their proper responsibility. Perhaps the middle course pursued in New York is best: the abandoned child is accepted as a public trust, and no great effort is made by the police to discover the parents. But child-abandoning is by no means encouraged.

One part of the State's duty with regard to abandoned children should be carefully attended to: the record of the child's history, so far as the police know it, should be kept with minuteness and scrupulous exactitude, so that if a mother or father wishes in after years to reclaim a child, its identity may be established beyond doubt. There should be

no possible "mixing up" of babies in the Nursery, or in the public institutions into which the child is graduated afterwards. For there are cases in which the parents show some interest in their unfortunate offspring.

If fashion must still find victims among foolish men and women, it will be another argument for Darwin's theory of the survival of the fittest; but, in the name of all that is sacred in motherhood, let the little children be spared. During the past month we have repeatedly noticed children whose comfort and health were sacrificed to style and show. Bare legs, blue with cold, are not pretty, no matter how gracefully gaily-colored Scottish plaids may be draped above them, and gauzy dresses lose all their attractiveness after the winds of October begin to whistle. But it is against a more insidious danger than bare legs and thin clothing that we wish now to caution our readers. We saw with great pain a beautiful baby, of perhaps two years, drawn on a very stylish cart. This cart was evidently made to attract attention, and it certainly was pretty and unique. It was *less than two inches* above the damp earth, and the little girl easily laid her hand on the pavement as she leaned over the side. Take a thin board and mount it on spools for wheels, deck it with expensive trappings, and you will have the similitude of this cart. Any one ought to know that the air near the ground is damp, chilly, and dangerous these autumn days.

Soon the snow will be on the ground, and many bright days of winter will entice mothers to take their little children out into the fresh air and sunshine. The lesson of the two-inch go-cart should then be remembered and intensified. It is a common thing to see children drawn along in low sleds, warmly wrapped, it is true, but breathing the damp, foul air that always lies along the ground, particularly on those sunny winter days when the snow is partially melting. If Baby goes out in winter, let it be in a warm sleigh built up on runners as high as the wheels of

its summer carriage. In a word, keep the children up from the ground.

Now that the schools have begun their sessions, we must not forget that our children are still our children, and the more interest we show in their school the more its efficiency is increased. There is no teacher worthy of the name who is not pleased with judicious advice and assistance and sympathy from the parents. The gulf is too wide between the home and the school, and the more we help to bridge it over the more we are improving not only our own children, but the general tone of the school. If the children see that the parents appreciate their teacher, they are much more apt to appreciate her themselves, lend cheerful and willing obedience to her wishes, and have a certain pride in the success of the school. The stories of some teachers' lives in cultivated communities would astonish those who have never had an opportunity for an inside view. Those who are isolated from us socially surely cannot fully co-operate with us in the culture of our children.

The present number closes the first volume of this magazine. Its projectors find in the public appreciation BABYHOOD has won in the brief period of its existence ample reward for their labors in the past and encouraging hope for the future. They feel that the need of a magazine devoted to the interests of infancy has been demonstrated in the establishment of BABYHOOD, and that the public and the press have been quick to sympathize with the aims and methods of this periodical. While BABYHOOD'S chosen field was practically unoccupied, its projectors were well aware that it was not an easy task to explore it. Their success in winning praise where praise was most welcome has been, they gratefully confess, beyond all expectation. Proud of the approval of a wide circle of warm friends, BABYHOOD appeals to their active co-operation in the effort to enlarge in every way the sphere of its usefulness, and to render it a permanent power for good in the land.



FAMILIAR TALKS WITH MOTHERS.

BY MARION HARLAND.

THE BABY PROWLER.

"NO children, if you please! Not even a baby! A baby out of arms, and able to walk and talk, would simply set us crazy!"

The person who uttered this remarkable statement, with great energy of voice and gesture, was a sweet-faced and ordinarily gentle-mannered spinster, who, with a sister almost her double, occupied a house much too large and melancholy for the abode of two lone women. The question was of lodgers; to take or not to take these being the problem which the ladies were discussing in duets at their tiny tea-table, in trios and quartets whenever sympathetic visitors were found willing to listen, confer, and advise.

To the timid suggestion on my part that a certain little family known to me, young people with a brace of bonny boys under four years of age, would be glad to engage the ample second story, and the privileges of bath-room and laundry, which the sisters were willing to bestow upon some fortunate tenant, Miss Clarinda made the horrified response which I have quoted, clinching it by an appeal to Miss Dorothy, who answered promptly, with the air of a Herod in petticoats:

"Crazy? To be sure it would. I *hate* children!"

Everybody knows the bristling abattis of defences which guards the entrance to many hotels and boarding-houses, and which landlords in general throw up before their front doors when parents endeavor to engage board for their little ones. "Children and dogs are

not allowed in this drawing-room," was a placard conspicuously displayed in an elegant hostelry where I was stopping a winter or two ago; and the bracketing of the babies with the pugs and poodles in a sentence was resented alike by fond mothers and by adoring owners of four-footed prodigies. In me it aroused a deeply indignant protest—a protest which is always ready when I observe the facility with which children in places of public resort are thrust aside, sent to the second table to eat in company with underlings, and generally treated like social pariahs, tolerable only to their fathers and mothers.

Truth compels the admission, however, that for the undeniable prejudice against babies outside their own homes—against babies as boarders, babies as afternoon callers, and babies as guests—the Baby Prowler is to blame.

Back of the Baby Prowler is, of course, the bit of incompetency who stands to him in the position of mamma, in whose adoring eyes his pretty little hands and cunning little feet can do nothing which is not admirable, who, if haply she does perceive that all his doings are not agreeable to others, weakly consoles herself with the idea that he will outgrow his faults and will know better when older, and who regards his predatory impulses, however inconvenient, as so many proofs of precocity.

Who does not know the mischief which may be wrought by little, untrained, irresponsible hands, permitted to work their own sweet will, upon bric-à-brac, china, and articles of *virtu*? A prettily-appointed parlor, left a half-hour at the mercy of one of the

dimpled marauders whom I have in mind, resembles a place which has been looted by an army of vandals.

Have you ever, as I have, been summoned from your chamber to receive an old friend, come to pay you a visit of affectionate ceremony, accompanied by her rosy daughter of three or her prattling son of five summers? You duly kiss the wee toddler, and probably produce for his or her amusement a box of chessmen, or an ivory puzzle, or a picture-book. But the baby has a taste for investigation, and these pleasures soon pall. While you converse with your friend the small feet are making a tour of the room. Presently there is a crash; you shiver, but mamma sits in undisturbed composure, although your embroidered table-scarf has just been pulled violently down, dragging to the floor a portfolio of engravings, a photograph, the pride of your heart, on an easel which, if broken, cannot readily be replaced, and a vase in which you had arranged the last cluster of chrysanthemums from your garden border. The scarf will bear traces of the sticky fingers, and the vase will be to memory dear hereafter; but should you show the very slightest annoyance, your visitor would take leave, with the feeling that you are a monster. "She is *very* sorry—it was most unfortunate; darling never did such a thing in her life," etc., etc.; but the pity is only superficial, and the baby will go to the next house to repeat the performance with variations.

A mother and child of this type were recently calling at the house of a physician whose office opened from the family sitting-room. The doctor's wife, engaged with several friends at once, tried to keep an eye on the little one, who was evidently bent on discovery. Finally the child wandered into the office, where instruments, vials, and medicines formed the usual properties of the place.

Begging to be excused, the hostess followed the mite into the perilous precincts in time to snatch from him an opened bottle, the fiery contents of which, falling upon the carpet, burnt a hole in two breadths, and, spilling on the lady's arm, inflicted a burn

of which she will carry the scar to her grave.

Mothers cannot be too careful, for the sake of their children's safety, to repress firmly the tendency to touch and taste articles which are set aside on shelves and in drawers. The number of little ones who have just escaped being poisoned by the pills they have eaten, the potions they have drunk, is legion. Nothing is sacred to the ignorance and innocence of the baby spoiler, who simply gratifies the instinct which leads the youthful human animal to carry everything to his mouth. If the lawless little creature is old enough and bold enough to climb, and has never been taught by salutary restraint not to climb, and not to taste things set away, without permission gained, then no recess, however dark, nor top-shelf, however high, is safe from his incursions.

The angels who have a charge concerning the little folk unprotected by their foolishly indulgent mothers must be very vigilant or fatal accidents would oftener occur than they do. Sometimes, alas! a mother is burdened with a life-long woe because of her neglect in this particular. Well do I remember one pale, weary-looking woman, whose depth of crape emphasized the wretchedness in her hollow eyes and drawn-down mouth. Her little boy, a beautiful, noble-looking child, had been poisoned by a slice of bread buttered and spread with arsenic, left then in the pantry for the rats. The rats disdained the dainty lure, but the baby ate it greedily—and died!

We owe it to our darlings to teach them from the very beginning that they are not to handle articles of use and beauty, unless they ask that they may and consent is given; and that they are not to taste anything, except at meal times, until mother or nurse has granted leave. This rule should never be broken.

The belongings of a guest under your roof should be sacredly safe from the prying fingers of the children, who should be taught, by severe measures if necessary, that such meddling is never allowed. But severity will not be necessary, dear mother, unless

you are pitifully weak and inefficient. From the first, tiny hands may be gently restrained from interference with mother's basket, from clutches at the bureau and the shelf—from every sort of mischief-making.

I am always a little amused when a grown-up woman, queen of a nursery in which several children play, exclaims querulously, "Amy *will* have my watch; I cannot keep it from her"; "I am *obliged* to lock up all my treasures, Rex is *so* destructive." Amused, and still, dear friends, the situation has its painfully pathetic side.

Loving our little ones as we do, we long to have others love them. Nobody wants to be the mother of an *enfant terrible*. And still so many of us tolerate, so many of us educate, to the distress of our friends and to our own shame, the Baby Prowler!

NURSERY COOKERY.—No. 12.

MEATS.

SAID an Irish cook to me during Lent: "It's harrd wurruk kapin' up a body's heartt for daily labor on nothin' but fish an' eggs. I've ate six eggs for me breakfast not an hour ago, an' I'm fair kilt wid starrvation this minnit. Somehow the *mate corner* an't full."

By the time our babies have become acclimated in the new world behind which lies the great sea of forgetfulness, we who account ourselves wiser than Bridget set about establishing within them the "meat corner." The five-year-old frets for flesh, roast, boiled, stewed, and fried; for gravy on potatoes, on rice, on bread—on whatever vehicle will carry the greasy broth. He has a lordly contempt for "messes that have no taste in them"—"taste" standing for the flavor and reek of cooked flesh.

Nothing is further from my purpose than to deliver a philippic against food that combines savoriness with strength-giving elements. While we work and talk and move in the frosty airs that range the temperate zone for half the year, we must supply fuel for inward combustion. When our baby be-

gins to play stoker on his own engine he demands what will keep up the fire. It is a mistake to withhold it, almost as grave an error to give him all he craves, a graver blunder not to select the material best adapted for the work to be done.

Unless ordered by a physician, it is seldom advisable to accustom a baby to a meat-diet until he is from sixteen to eighteen months old. Up to this time he gets enough fatty matter from his milk, enough phosphates from cereals, to keep him in health and strength. Whatever animal food may be granted him from this date forward should be judiciously chosen, properly cooked, and *minced fine* before he eats it. The italicized words are the key to the door of deliverance from ills many and dire. Before Baby is suffered to eat meat teach him to chew well and slowly. When mastication becomes a popular exercise with us, national dyspepsia will "go out." To make the initial steps easy, cut up Baby's portion of steak, chop, or cutlet into tiny bits, like a coarse powder, give him a little at a time and no more until the former morsel is ground thoroughly by the small, sharp teeth.

BEEF.

This chief of the animal foods deserves the order of knighthood bestowed upon it by merry King Charles. For Baby set aside a slice of rare roast, or a bit of tenderloin from an underdone steak. No gravy, unless you moisten the minced slice with a spoonful of clear red essence from the roast.

MUTTON AND LAMB.

The former is the more nutritious. Boiled or roast, it makes a good dinner for the nursery, accompanied by rice and potatoes. A good chop, *broiled*, freed from skin and fat, will stimulate lagging appetite. Nor deny him the bone as a private treat, having seen that no loose or jagged bits are attached to it which might choke him.

VEAL

is less digestible and less nutritive than the meats just named by so many degrees that

the experiment of putting it into young stomachs is hazardous.

PORK

should not be so much as named in Baby's dietary. Fresh and salt, boiled, roast, and fried—it contains less material for brain-food, less for muscles and tissues, and more heating oil than any other flesh in common use by civilized peoples.

POULTRY.

When tender and boiled, roasted, or broiled, poultry is a favorite and unobjectionable nursery dish. Reject the skin and such fibrous parts as the drum-sticks in cutting it up for infants.

FRIED MEATS

of all kinds are unwholesome, even after the "meat-corner" is safely established.



CHILDREN'S FANCIES.

BY MARGARET ANDREWS ALLEN.

"One of the greatest pleasures of childhood is found in the mysteries which it hides from the scepticism of the elders and works up into small mythologies of its own."—*The Poet at the Breakfast-Table.*

ABOUT forty years ago, on a bright spring morning, two little children, hand-in-hand, walked out of a gate in an old New England town and carefully picked their way through the mud up the street. No stranger in passing them would have seen anything unusual. They carried nothing with them but a stick with which Tot meant to drive away the cows from Cuddy. But, insignificant as it appeared to the lookers-on, it was really a momentous step. It was the beginning of a great journey which had been planning all the winter. These two little people intended to go off and live in the trees. The practical questions of clothing and shelter and food never entered their heads. They had always been fed without any effort of their own, and why shouldn't they always continue to be? The birds and the squirrels lived in the trees; why couldn't

they? But the mud grew deeper before they reached the end of the street, and they returned to the little paved front yard and gave up their expedition.

From that day their whole plan was a thing of the past. It had been of vital interest for months before, the most profound and important secret. Now they had tried it. The real was not at all like the ideal; there had been no mud in that. It was no disappointment to them—far from it. It was a pleasant sort of dream-life to look back upon, almost as if they had really lived it.

These children fortunately had appreciative parents, who never laughed at their childish fancies. It would have hurt the children sorely. Their little plans had as fair a chance of a happy life as those of their elders. Even after all these years that plan of a life in the trees—though it was but a plan and never could be realized—has all the charms of a great success. It reflects all honor on the wise parents, who might, by ridicule or reproof, have turned it into a memory of disappointment and tears.

These little plans and fancies of our children are as vital to them as our larger ones to us. Their real world is often narrow and prosaic. It needs widening and enlivening. The limits of the home and the yard and the school are too narrow for them. I can never believe that it gives an unhealthy bent to their minds to see more in nature than the red and white and green of the hills and flowers and trees.

The fairies that peopled the world in old times have just as great a use now. They have done a great deal of good, and they still continue to do it. The sunny smile on the face of a little boy I met in the street last winter, who told me the fairies had given him his warm winter cap, was a smile of such complete happiness that I should be tempted to use the answer my father always gave to me when I asked, "Father, are there really any fairies?" and he invariably replied, "Dear child, who can ever tell?" I cannot see that that answer injured my morals. It merely left a bright possibility with me—let me go on imagining and building up a little ideal world that was full of joy.

I once knew a German girl the pleasures of whose childhood had all been from her imagination, and yet I seldom have heard of a happier one. The family lived on a farm, and Lizzie, when only four years old, was accustomed to be awakened in the early morning to take care of the younger baby while her mother went out to milk. As time went on, this baby became her entire charge and companion. They had no playthings, and if they had had they would not have been allowed to clutter the house and make work for their mother. Their playground was a little, sheltered nook in the woods, and here Lizzie's imagination worked wonders. She managed to pick up scraps of stiff paper here and there, and with a pair of old scissors soon created a farm yard of animals. The whole

life of the farm was carried on among these paper beasts, that received life from the children's busy fancy as soon as they fell from Lizzie's scissors. Where would the pleasure have been if the fancy, the spirit of the whole play, had been missing, and only brown paper and a pair of old scissors left?

Lizzie is now taking care of her two little nieces on a Dakota claim, and I have no doubt that the chief pleasures of their childhood, among the hard realities of frontier life, will come from her busy fancy.

There is one curious fancy among children that I find is quite general. I had it myself when a child, and several other persons have told me it was the same with them. It is to make up a story each day, holding a certain book in the hand and apparently reading from it, long before they have the slightest idea how to read. Doing this has for them a kind of mysterious importance, averting evil from that day. It must be a relic that we have inherited from some remote age of superstition, queer and unaccountable, but a very tender point with the children. I remember I never told any one of it till I grew up.

Mrs. Ewing did a good deed, or rather one of her many good deeds, when she wrote her charming story of the little girl and the sunflowers. The vital importance of respecting and dealing tenderly with children's fancies is nowhere better set forth.

Jean Ingelow, in "Off the Skelligs," has given us a charming picture of two quaint, imaginative children, but not more quaint and imaginative than we can find in the child-life around us, if we seek in the spirit of sympathy and appreciation.

Of course I know that all life is not fancy. The harsh and the real comes even to children. But I do believe that fancies can brighten and broaden and sweeten the lives of all of us, both old and young.

COLIC.

BY L. EMMETT HOLT, A.M., M.D.,

Visiting Physician to the New York Infant Asylum.

FEW of the minor ills of infancy are more troublesome than colic. As it is usually only temporary and rarely leads to any dangerous consequences, it falls for the most part under domestic treatment.

By colic is meant attacks of severe pain in the stomach or bowels, which occurs intermittently from spasmodic contraction or cramps in the muscles of these organs. It is nearly always associated with the development of gas in the bowels, or flatulence. The source of this gas is most frequently undigested food, which lies as a foreign substance and decomposes with the development of gases. The distension from these gases is in most cases the cause of the pain.

Its cause being thus indigestion, it is produced by the introduction into the stomach of unsuitable food. In young infants this unsuitable food usually consists of starchy matters or those containing much sugar. To mention all the forms in which these are given to infants, often unintentionally, would be to enumerate most of the infant-foods which are so lauded by the manufacturers, and whose advertisements are forced upon us on all sides. They all contain more or less starch—most of them *more*—and can never form perfect substitutes for mother's milk. The canned condensed milk, on account of the large quantity of sugar which is added to preserve it, is equally objectionable.

Children who are reared on the breast exclusively suffer comparatively little from colic, while all those that are hand-fed have it frequently.

Attacks of colic come on in some children quite independently from any error in feeding—from simple exposure to cold, as chilling of the feet.

To treat colic intelligently and successfully it is necessary to be able to recognize it with certainty. In most cases this is not difficult.

The cry of a child to some parents always means hunger, and the child is stuffed with more food, where as a matter of fact it cries because it has been fed too much already. The symptoms of colic come on quite suddenly, perhaps in the midst of perfect health. They usually have some relation to the taking of food, most commonly following it in a few hours. The child cries loudly, violently, as if in great distress; the face is pale; beads of perspiration stand out on the forehead; there is great restlessness, the child being only quiet when carried about, and this brings only temporary relief. From time to time belching of wind occurs or gases may be passed by the bowels. A little respite is afforded by this, but the pains soon return.

A child suffering as above described should be completely undressed and carefully examined. If the symptoms depend upon colic a few minutes' observation will make the fact evident. The whole belly will be distended and tense, often hard as a drum. If the gas is in the stomach the upper part will be most prominent, while if below the gas is most likely in the bowels. The crying is always intermittent and is accompanied by a drawing-up of the thighs. The stomach is not usually tender upon pressure; on the contrary, if this be made gently and with a kneading motion it often gives relief. This may serve as a point of distinction from the pains of inflammation of the bowels, where any pressure causes an increase in the pain.

Another peculiarity in the symptoms of colic is the fact of sudden and apparently complete relief, the child ceasing to cry and seeming as lively and playful as ever, and then in a few minutes suffering as severely as before.

The cry of colic may be mistaken, as has been before intimated, for that of hunger. The latter is, however, of a more prolonged and moaning character, not usually so violent

as that from colic, and lacks the intermissions. The belly, instead of being distended in these cases, will more often be relaxed and soft.

In inflammatory diseases affecting the stomach and bowels, vomiting or diarrhoea are almost always present, and there are the usual symptoms of fever—the hot head, the quick pulse, and dry skin—while in simple colic all febrile symptoms are generally absent.

There is always great restlessness in these colicky attacks; the child is quiet in no position. He tosses all his limbs about in great distress. In severe cases, and especially in those children who are of a nervous temperament, muscular twitchings develop, and even general convulsions may follow. This is, however, rare.

The duration of an attack of colic is usually only a few hours. If the symptoms persist and increase in severity no time should be lost in summoning a physician, as some of the gravest diseases of infancy announce themselves in the beginning with just these colicky attacks.

The rational treatment of colic involves, in the first place, the discovery and removal of the cause. This most often has something to do with the child's food, or its feeding. It is incontrovertible that the best food for the young infant is the mother's own milk. Those who voluntarily or from necessity bring up children upon a bottle may expect, with the countless other annoyances and dangers, frequent attacks of colic. In hand-fed children the giving of pounded crackers, corn-starch, and matters of this description, which the young child's stomach is totally unfitted to digest, is almost sure to cause indigestion with attacks of colic. Potatoes are another common cause, especially since they are believed by many to be harmless. They should never be given in any form or any quantity to infants under one year old, and it would be much better if they were omitted from the diet until after a child has passed its second year. But to discuss the subject of infant feeding would carry us beyond the design and limits of this article; we must

be content with these few general statements.

The treatment for the attack has for its object two things: The first is to relieve the pain, and the second to get rid of the gas which has produced it. For the first purpose nothing is better than the application of a large, hot flaxseed poultice to the whole stomach of the child. The benefit derived from this is sometimes very much increased by the addition to the flaxseed of a little powdered mustard. Flannels wrung out of hot water have the same effect. It should be borne in mind that it is the heat which accomplishes the result. Dry, hot flannels, changed frequently, often do as well as anything.

If the lower part of the abdomen is the part which is most tense, and if the bowels are a little costive, which is by no means infrequent, the child should be given a large injection of warm water. The relief from this proceeding is sometimes greater when a teaspoonful of castor-oil or a teacupful of a warm infusion of chamomile-leaves has been added.

If the stomach is overloaded with indigestible food, and free vomiting has not already taken place, it is proper to empty that organ by an emetic, such as half-a-teaspoonful of the syrup of ipecac. If there is simply wind on the stomach, which has produced the pain, some of the mint-teas may be given, alone or in combination with a few drops of brandy or ether. From five to ten drops of paregoric, according to the age of the child, should follow these measures, and very little food should be given for twelve hours.

Should the colic have come from cold a bottle should be filled with hot water and placed between the feet, and the dry heat applied to the abdomen as in the cases above described.

This short paper ought not to close without a few words regarding the colicky attacks of older children. With such they are almost always due to eating indigestible food or an excessive quantity of food. In summer and autumn it is fruits and vegetables which generally produce colic. Ripe fruits which

are fresh may be allowed in a proper quantity to all healthy children who have passed the third year. Before that time they should be given with great circumspection, both as to quality and quantity.

The symptoms which follow the eating of a large amount of green fruit are almost too well known to need description. The severe pains or cramps usually come in two or three hours after eating. It is useless then to waste time with temporizing means, but steps should be taken to get rid of the offending substance as soon as possible. If it is still in the stomach—as is most likely if the

attack has come on so soon after the meal—and if this organ can be felt to be hard and tense, an emetic of ipecac or mustard and water should be given. If it has passed into the bowels a dose of castor-oil will be necessary to clear them out. After these things have been done further vomiting should be checked by the administration of lime-water or a little brandy and cracked ice, and further diarrhoea by twenty or thirty drops of paregoric. Hot applications over the stomach, quiet in bed for a day, and a light, bland diet for a few days afterward, generally will be sufficient to complete a cure.



THE STUDY OF CHILDREN.

BY SARA E. WILTSE.

IN the March number of *BABYHOOD* we essayed to present to our readers some of the interesting facts elicited by the examinations made by some of the kindergarten teachers of Boston for the purpose of determining the contents of the minds of children who have just begun to receive their first systematic instruction. We propose here to give a few more of the results of those investigations. As was stated in our first paper, the examinations were undertaken at the instance of Professor G. Stanley Hall, of Baltimore, who prepared a set of questions which were put to the children, and the answers to which were carefully recorded. The questions related mainly to the familiar objects of every-day life. The answers gave us many a strange glimpse of the fancies of the infantile mind.

"Did you ever see a butterfly?"

We find some curious notions among children concerning this insect. One bright little girl had a logical theory that butterflies gathered butter from buttercups; this she supposed to be the source of supply in the markets. It is our impression that we have not found a child who could talk that did not know and love the butterfly. Children never weary of stories about the pretty insect. The thoughtful mind must revert to the time when the soul was represented with the wings of the butterfly.

"Did you ever see an ant?"

"Do you mean Aunt Mary or a little black ant?" was the answer of one child who had undoubtedly seen the insect.

The number of city children who have been deprived of the pleasure of watching

this interesting creature is very large. Children have been known to call crickets ants.

"Did you ever see a snail?"

Concerning snakes and snails much confusion has been found in the minds of children, both on account of similarity of names and likeness in locomotion.

"Did you ever see a crow?"

"I've seen a rooster crow," said a child in perfect simplicity.

Children are more familiar with the pigeon than with the crow. The child who begins to discriminate between robins and crows has made a long stride in its mental progress.

"Have you ever seen a sparrow?"

It may be surprising to many that children were often confused by the likeness in sound between the words squirrel and sparrow. One child called both creatures "sirrels," declaring he had seen "sirrels hopping on the ground, and sirrels running round and round in a cage"—making the motion with his hands, which would have left no doubt as to his meaning squirrel in the latter sentence had he not been able to describe both sparrow and squirrel in a satisfactory manner.

On a paper before us we find, in reply to the question, *"What are clouds made of?"*: clouds are made of cloth, sky, wool, birds, rain, and feathers, which represents the thoughts of six children about clouds; black clouds are black men, and white clouds are angels; red clouds are all the sparks from the steam-engines and chimneys, old papers burning in heaven, and red silk curtains; white clouds are the lace curtains before heaven's windows—such are the fancies of other children as we recall them.

Thus the child projects its life and its knowledge of its surroundings into the clouds, as did the ancient Greek who saw in the Milky Way the spilled food of a young god.

"Did you ever see a robin?"

"Did you ever see a bluebird?"

Here we are met by the difficulty of getting positive knowledge of what the child has seen when its sense of color has not yet been fully developed, and it is only the carefully-trained child who distinguishes many colors at five years of age.

"Did you ever see apples on the trees?"

Here again is seen the difference between the city and country child, the one being familiar with fruit upon trees, and the other associating it with market stalls and hucksters' carts. Many city children know the fruits who do not associate them with trees.

"Did you ever see grapes on a vine?"

Some little ones make no distinction between vines and trees, insisting that grapes grow on trees.

"Did you ever see a willow-tree?"

Some children with a keen sense of the beautiful in form and tint know the willow-tree from others, but these are the exception, as far as observation has gone.

"Did you ever see a pine-tree?"

Thanks to Christmas decorations, most children know the pine-tree, though one would not expect them to make fine distinctions between evergreen-trees.

"Did you ever see a poplar-tree?"

Very few know the poplar-tree, though more seemed familiar with it than with the elm, which is next in the list.

Localities would make great differences in results of this kind, but in Boston, though the elm is very common, it is not well identified by the little ones in general.

"Did you ever see a chestnut-tree?"

This tree seems better known, no doubt on account of its nuts, the horse-chestnuts making beautiful playthings.

"Did you ever see a maple-tree?"

Here the sense of taste and association with maple-sugar appear to have rendered this tree familiar to a larger number of children than one would expect. Possibly the gorgeous colors of the maple in autumn have something to do with this in most instances; but the sweetness of sugar seemed to make a deeper impression than brightness of color.

"Did you ever see an oak-tree?"

A few children know this as the acorn-tree, but most of those examined in the city knew nothing about it.

"As our methods of teaching grow natural," says Prof. Hall, "we realize that city life is unnatural, and that those who grow up without knowing the country are de-

frauded of that without which childhood can never be complete or normal. On the whole, the material of the city is no doubt inferior in pedagogic value to country experience. A few days in the country at this age has raised the level of many a city child's intelligence more than a term or two of school training could do without it. It is there, too, that the foundations of a love of natural science are best laid."

We may here quote some interesting passages from Prof. Hall's article in the *Princeton Review* entitled "The Contents of Children's Minds," in which he summarizes the results of his examinations.

The girls excel in knowledge of the parts of the body, home and family life, thunder, rainbows, in knowledge of square, circle, and triangle, but not in that of cube, sphere, and pyramid, which is harder and later. Their stories are more imaginative, while their knowledge of things outward and remote, their power to sing and articulate correctly from dictation, their acquaintance with number and animals, is distinctly less than that of the boys.

From several hundred drawings, with the name given them by the child written by the teacher, the chief difference inferred is in concentration. Some make faint, hasty lines representing all the furniture of a room, or sky and stars, or all the objects they can think of, while others concentrate upon a single object. It is a girl *with buttons*, a house *with a keyhole* or steps, a man *with a pipe* or heels or ring grotesquely prominent. The development of observation and sense of form is best seen in the pictures of men. The earliest and simplest representation is a round head, two eyes and legs. Later comes mouth, then nose, then hair, then ears. Arms, like legs, at first grow directly from the head, rarely from the legs, and are seldom fingerless, though sometimes it is doubtful whether several arms or fingers from head and legs, without arms, are meant. Of 44 human heads only 9 are in profile.

Each child was asked to name three things right and three things wrong to do, and nearly half could do so. In no case were the two confused, indicating not necessarily intuitive perception, but a general consensus in what is allowed and forbidden children at home, and how much better and more surely they learn to do than to know. Wrong things were specified much more readily and by more children than right things, and also in much greater variety. In about 450 answers 53 wrong acts are specified, while in over 350 answers only 34 different good acts are named. The more frequent answers are to mind and be good, or to disobey, be naughty, lie, and say bad words; but the answers of the girls differ from the boys in two marked ways—they more often name specific acts and nearly twice as often conventional ones, the former difference being most common in naming right, the latter in naming wrong things. Boys say it is wrong to steal, fight, kick, break windows, get drunk, stick pins into others, or to "sass," "cuss," shoot them, while girls are more apt to say it is wrong to not comb the hair, to get butter on the dress, climb trees, unfold the hands, cry, catch flies, etc.

The chief field for fond and often secret childish fancies is the sky. About three-fourths of all questioned thought the world a plain, and many described it as round like a dollar, while the sky is like a flattened bowl turned over it. The sky is often thin—one might easily break through; half the moon may be seen through it, while the other half is this side; it may be made of snow, but is so large that there is much floor-sweeping to be done in heaven. Some thought the sun went down at night into the ground or just behind certain houses, and went across on or under the ground to go up out of or off the water in the morning; but 48 per cent. of all thought that at night it *goes* or *rolls* or *flies*, is *blown* or *walks*, or *God pulls it up* higher out of sight.



THE MOTHERS' PARLIAMENT.

A PROTEST AGAINST "SCIENTIFIC" BABY EDUCATION.

To the Editor of BABYHOOD :

You publish, without comment, in your October number an account of the education of a young child on what may well be called "scientific" principles. It seems to have succeeded so well that the subject, at the age of six, records history "as all nations in their infancy have done," finds "mathematical outlines" in a nursery tale, and masters the metric system and mathematical compass.

What unheard-of advance in mathematical progress this scientifically-educated young lady will have made by the time she reaches her teens, and what great blessings the human race will probably owe to her contributions to the higher mathematics, it staggers one to prophesy.

Let me rehearse, in contrast, a few outlines from the life of a child afflicted with lameness at eighteen months, but, from later portraits, probably not deficient in intellectual force :

"The boy wanted exercise as well as air, and Dr. Rutherford sent him to his grandfather's farm. There his cattle-dealing grandfather, true physician by diploma of Nature, orders him, whenever the day is fine, to be carried out and laid down beside the old shepherd among the crags or rocks around which he fed his sheep. 'The impatience of a child,' he says, 'soon inclined me to struggle with my infirmity, and I began by degrees to stand, to walk, and to run.'"

He delighted to roll about in the grass all day long in the midst of the flock, and the sort of fellowship he formed with the sheep and lambs impressed his mind with a degree of affectionate feeling towards them which lasted throughout life. "He was very gleg [quick] at the uptake, and soon kenned every sheep and lamb by head-mark as well as any of them."

That is our first lesson, very utterly learned "by heart." This is our second (marginal note on copy of Allan Ramsay's "Tea-Table Miscellany," Ed. 1724): "This book belonged to my grandfather, Robert Scott, and out of it I was taught 'Hardiknute' by heart before I could read the ballad myself. It was the first poem I ever learnt, the last I shall ever forget."

"When do you suppose the education of a child begins?" asks the writer from whom I have taken the above outline :

"At six months old it can answer smile with smile, and impatience with impatience. It can observe, enjoy, and suffer, acutely and, in a measure, intelligently. Do you suppose it makes no difference to it that the order of the house is perfect and quiet, the faces of its father and mother full of peace, their soft voices familiar to its ear, and even those of strangers loving; or that it is tossed from arm to arm, among hard or reckless or vain-minded persons, in the gloom of a vicious household or the confusion of a gay one? The moral disposition is, I doubt not, greatly determined in those first speechless years. I believe especially that quiet, and the withdrawal of objects likely to distract, by amusing, the child, so as to let it fix its attention undisturbed on every visible least thing in its domain, is essential to the formation of some of the best powers of thought. It is chiefly to this quietude of his own home that I ascribe the intense perceptiveness and memory of the three-year-old child at Sandy Knowe: for, observe, it is in that first year he learns his 'Hardiknute'; by his aunt's help he learns to read at Bath, and can cater for himself on his return" (Ruskin's "Fors Clavigera," 33, 8).

His grandmother at the farm tells him "many a tale of Watt of Harden, Wight Willie of Aikwood, Jamie Tellifer of the fair Dodhead, and other heroes—merry-men, all of the persuasion and calling of Robin Hood and Little John. Of this extraordinary person I learned many a story—grave and gay, comic and warlike."

I have not the time, nor you the space, for a history of the childhood of Sir Walter Scott.

He was in his fourth year when he accompanied his aunt to Bath, where he acquired the rudiments of reading from an old dame near their lodgings, though he did not attend her more than a quarter of a year. And here he had his first sight of a play.

Compare this companionship with nature, love for dumb animals, and interest in romance, with the scientific development of the "prehensile faculties," the building of geometric figures, and the use of algebraic signs, and remember that it is a human being, not a machine, that you are building, and that the result is to be a man or woman, not an encyclopædia.

JOSEPH DREXEL HOLMES.

ORANGE, N. J

A PLEA FOR WAKEFUL BABES.

To the Editor of BABYHOOD :

I cannot let "A Wakeful Child," in the September number of *BABYHOOD*, go by without a protest.

"Perplexed Mother," when your little baby's nap-hour comes, why do you not take him in your arms and rock him to sleep? You admit that on several occasions when his "crying rose into violent shrieks" and he grew "fairly purple" with "sobs that would seem to tear his little body in pieces," you have taken him up—not then because "your will gave out," but because you were fearful such terrible nervous excitement and exhausting crying might end in convulsions; and yet you are ready to apologize because you have on these several occasions committed the enormity of taking your trembling, sobbing little baby from his crib and brooding him to sleep.

Still, there is the ring in your letter of true mother-love, although I think you are trying to smother and choke it because of the false modern croaking that too much "mothering" isn't good for babies, and that they mustn't be humored to caressing arms and nice rocks and comfortable, cosy times when they go to sleep.

Is it really the "mothering" that modern nursery potentates think unwise, or is it their own convenience and length of baby-tending tether they weigh and measure so carefully?

"Perplexed Mother," why have you not made it a point to rock in your arms your baby-boy to sleep? Will you plead you cannot spare time, because other work waits? Then let it wait; for what claim in your household, or out of it, shall outweigh Baby's?

I think it is cruel to put a poor little baby down wide awake and alone to go to sleep. I do wonder, "Perplexed Mother," what the next task in hand was with you that you could not stop to croon your baby to sleep? What are the tasks, and who is it that sets them, that so many mothers feel constrained nowadays to put their little ones off into "quiet, darkened chambers," alone and wide awake, to get themselves to sleep as happily or as miserably as they will? There are exceptional cases where this is not only convenient but imperative for mothers who must work from home, but with most of us I hold it is only a cunningly trumped-up dodge whereby we may gain more time for crewels and housekeeping niceties or the street.

When Baby is crowded out of arms by the advent of a new-comer he seems to understand the

state of affairs, and usually resigns mamma's lap gracefully and quietly; but unless Baby is thus crowded why not sing him to sleep?

"Not necessary!" Well, there are lots of things we do that are not necessary. Keep watch of yourself and count. Look at the tidies and table-scarfs, with their storks and cat-tails; look at the tucks and plaitings the mothers of this generation find time to accomplish, and you have your answer why Baby must be banished to that "darkened chamber" when he sobs and pleads for a loving, comfortable place in your arms.

A. S. B. W.

MADISON, ME.

A THUMB-SUCKING FAMILY.

To the Editor of BABYHOOD :

For the benefit of mothers who are troubled by the thumb-sucking habits of their children, I should like to give my experience.

My second boy began to suck his thumb when a very young infant. He also formed the habit of holding the ruffle of a pillow-case (which covered a tiny hair pillow) between the first and second fingers of his right hand, and sucking the thumb of that hand at the same time. He could not sleep without the pillow-case ruffle to hold. Once, having gone away with him to spend a night, I found that I had forgotten the little pillow in its ruffled case. When bed-time came the child was inconsolable and begged me to "go home on an engine and get the pillow." At last the edge of a handkerchief was fastened to a large pillow, and, soothed by this as a substitute for his own tiny pillow, he fell asleep. When, at the age of five years, he abandoned his crib for a bed, I said: "Now that you are old enough to sleep in a large bed, you must give up your thumb-sucking and your little pillow." He consented, and never afterward sucked his thumb or asked for his pillow. He is now ten years of age, and has, of course, his second teeth, which are all regular and well formed; and there is no indication that the habit of sucking his thumb has deformed or in any way injured the shape of his mouth.

My third boy began the thumb-sucking habit at a very early age. I took care that there should be no ruffled pillow in his bassinet for him to become attached to but after a time I became aware that he always wanted to hold the corner of a particular crib-blanket—one that had been many times washed, and so had become hardened and rather thick. Nothing else could be substituted for this blanket, which was always

held in the right hand while he sucked his right thumb. He is now four years old, and, though I have tried many devices to induce him to abandon his thumb-sucking and his blanket, I have never yet succeeded. Neither he nor his older brother has ever sucked his thumb except when going to sleep.

My fourth boy sucked his thumb, as his brothers had before him, but when he was seven months old he had a very severe head-cold—so severe that for many days he was unable to breathe through his nose. Finding that he could not suck his thumb and breathe through his mouth at the same time, he very philosophically abandoned his thumb; and by the time he had recovered from his cold seemed to have forgotten the habit, as he never afterward resumed it.

The father of these boys when a child had a habit of holding the corner of a sheet and tickling his cheek with it until he fell asleep.

THE MOTHER OF FOUR SONS.

ATLANTA, GA.

OPINIONS ON "THREE MEALS A DAY" AND "COMPULSORY KISSING."

To the Editor of BABYHOOD:

In answer to "L. R. S. N." about feeding young babies only three times a day, I can give my own experience. Like her, I put my eldest boy, at six months, on three meals a day, and met with the most bitter opposition from all the family; but I persisted, and now, at two years, he is as fine a specimen of healthy boyhood as I ever saw, and wherever he goes he attracts attention by his physique. He never asks for food between meals, and eats *now* cereals, bread and butter, potatoes, and milk, with a soft-boiled egg one day for dinner, and the next a cup of beef extract on his potato and bread. He has all his teeth, has never kept us awake an hour, and is sunshine itself all day long. I determined, therefore, to bring up the little new comer on the same plan, and when my ten-pound boy was laid in his cradle I began by nursing him three times a day. The result was, he was often hungry, and in three weeks had wasted to seven pounds, and I nearly lost my milk. When I saw how he was decreasing in weight and strength I began to nurse him every three hours, and in a short time, by drinking milk myself, Baby began to improve. To be sure he had colic, but outgrew that—and often his mother's nerves gave him that. I nursed him every three hours until he was five months old, then increased the interval to four hours; and

now he is weaned at nine months, has Imperial Granum every five hours—as he will *not* touch milk—and is so strong he has crept since he was seven months old, and now gets on his feet by chairs.

I am *firmly* convinced that no *young* baby should ever have only three meals, but my own experience has shown that *after* they have artificial foods three meals are the safest and best.

My children sleep all night, and have regular hours for everything, with only one rule—*obedience*, which even the smaller one heeds. I am glad to be upheld in my opinion of compulsory kissing. My eldest boy shakes hands "like a gentleman," and shrinks, as his mother does, from promiscuous kissing. I say simply when a kiss is offered, "My son prefers to shake hands," and usually people take the hint.

AURORA, ILL.

M. H. S.

WIFE FIRST AND MOTHER NEXT.

To the Editor of BABYHOOD:

I want to thank you for your article on "Baby's Nurse" in the September number. It is a lamentable fact that too many women forget they were wives before they were mothers, and that the duty of the former, therefore, is paramount to that of the latter. I have preached this doctrine for years in the newspaper column which I call mine, and have been regarded as eccentric, to put it mildly.

I have three children, and I have done my full duty to them, but I never allowed their whims to interfere with my duty as a wife. When my husband is at home in the evening it is my pleasure to entertain him. If he wants to spend one evening away from home, at a friend's house or theatre, that is my wish also. I have been fortunate in always having a good, trusty servant, with whom I could safely leave the children. In fact, no other kind should be tolerated in a house. I know of a wife who is the mother of two children, one four and the other two years old. It is her proud boast that she has never spent an evening away from home since the first was born. She has resisted every invitation from her husband to spend an evening out, to go to a concert or the theatre, for she would not leave her children to her two servants. She complained that her husband had acquired the habit of spending many evenings at his club, and she thought he had ceased to care for her. Would it have been strange if he had? A little wholesome neglect is not hurtful to children, but rather beneficial. They learn that they are only units in the world,

and not the world itself. Such knowledge has to be learned in life, and why not in childhood? It gives a surer foundation for life-work.

SUSIE MCK. FISHER.

Farmington Times. FARMINGTON, MO.

ABUSE OF BABY CARRIAGES.

To the Editor of BABYHOOD:

I have spent my baby's second summer in the mountains and at the seashore, and have been much struck by the prevalent abuse of the perambulator, especially in the second year of life. On shady mountain lawns and roads, or sunny beaches and board-walks, children who were able to creep and to walk were habitually kept, for hours at a time, strapped in their carriages, their limbs cramped in one position and their feet cold from want of circulation. Often the nurses would be reading or gossiping, the children left with no amusement, and scolded into quietness or consoled by an empty bottle or even a sugar-tit to suck.

Many mothers seem afraid to permit the natural activity of their children, urging that they will "wear out their strength and make their legs crooked" if allowed to use them freely.

While romping on the sand with my healthy baby I was repeatedly asked: "Are you not afraid that child will take cold, will get sand in her eyes, or will have bow-legs, if you let her run about so much?" The fact that she was

larger and stronger than any of the perambulator babies three or four months her seniors, and has never had a cold in her life, seemed to have no weight with other mothers in favor of giving a child liberty.

Can you not lend the aid of your authority in such matters so as to convince mothers of the better class that when a child wishes to walk it is because it is old enough and able to do so; that treating a baby as you do a chicken, who is put into a coop and highly fed, will make fat but not muscle; and that there is nothing poisonous in the contact of tiny feet with mother earth?

Even in the city and in cold weather, if a baby is warmly dressed, wheeled to some dry and sunny pavement, and then allowed to run about until it is in a glow from exercise, it will be both happier and healthier than if kept imprisoned through its whole outing. Little overshoes can be bought to fit the smallest feet able to walk, and, with merino drawers inside and knitted-wool ones outside, there is no danger of taking cold in any weather fit to take a baby out in at all. My little girl, now fifteen months old, walks in the street until she is tired and asks to be put in her coach and be wheeled about. I never try to make her sit in it when not in motion, as I think that would be a punishment for a child "who feels its life in every limb," and wants to be active and busy about something through all its waking hours.

PHILADELPHIA.

Z. B. C.

A PHILOSOPHER IN THE NURSERY.

WHO that has had experience in caring for children and in studying them has not been amazed to find on some inciting occasion that the baby of no years at all, but a few brief months, has developed a will to all appearance as stubborn and as old as eternal evil? With what a sense of relief must a mother whose aims are high turn to any system which offers guidance through the tangled path which lies before her!

The system proposed by Mr. Herbert Spencer in his "Education" is simple and easily understood, and may be adapted to children in any condition of life. It is not the purpose of this article to give, even in outline, the complete theory, but to call attention to one or two points

only which have been especially helpful in the homes where they have been tried.

When the mother is convinced that the baby understands her words and is capable of seeing that actions in his world are divided into two classes—that he may do some things, and may not do some others—it is safe for her to conclude that the tender bud has become the twig which may be bent. One way of determining whether this change has occurred in your child is by observing carefully the child of some friend who is of the same age as your own. "Did you notice the little S—— boy?" a father asked a mother not long ago. "Yes, I did," she replied. "Did it occur to you that he is old enough to mind?" he continued. "Why, certainly he is." "Well,

he was born the same week that our boy was, and we have never thought him old enough to be governed at all." There is a great deal of enlightenment gained from dispassionate judgment of other people's children.

It is at this serious period, when some course must be settled upon, that the suggestions in the "Education" will be found most helpful. First of all, the mother must be so uniformly and reasonably gentle with the child that an unkind look or word will really mean something to him, and will make an impression upon his mind; he is not to be repelled unless it is done with a purpose; he is not to be harshly spoken to because some one else has done wrong, or because his mother has a headache or is tired; she is to be his wise and kind friend, who controls herself, and so may hope to control him. The wisdom of this course will be justified continually, as the child grows strong and climbs about, endangering his head and limbs; for a word or look will sometimes restrain him. Just so far as possible the penalties exacted by Nature for disobedience to her laws should be allowed to teach the little offender. If, for example, a child persists in playing about the stove, let him burn himself, watching and taking care that the burn shall not be a serious one, but only a complete and emphatic exposition of the nature of fire. To illustrate this still further, a little boy who is living under the sway of an enlightened mother found great delight in climbing into a chair in order to pull things from a shelf; he could not be left a moment in safety: repeatedly taking him down and telling him about falling, and that falling hurts little boys, did no good; at last he was allowed to fall far enough to become thoroughly frightened, and after a few repetitions he exercised greater caution. The same child found a peculiar fascination in whirling himself around until he became dizzy; he heeded no injunctions to stop or to be careful; so one day his mother moved the tables and chairs out of his way and let him fall to the floor. Of course he was not in any way injured, but, the fall being the natural result of his act, he was taught effectually what falling is, and a few trials convinced him that it always hurts more or less, while mother's punishment is not so invariable. The youngest child soon learns this, and in that is found the cause or source of much of the failure in good government. "Your penalties," says Spencer, "should be like those of nature, inevitable; no threats, but a silent, rigorous performance. If a child runs a pin into its finger, pain follows; if it does it again, there

is the same result; and so on perpetually, in all its dealings with surrounding inorganic nature, it finds this unswerving persistence which listens to no excuse and from which there is no appeal; and very soon recognizing this stern though beneficent discipline, it becomes extremely careful not to transgress."

There are occasionally burnt children who do not dread the fire, but such cases are rare, and there seems to be nothing better to be done than to keep careful watch over the child. Then there are cases where a parent must take the place of nature, and must step in with authority. To illustrate this: A little boy of five constantly annoyed a baby-brother; if the baby were quietly seated in a little chair, or playing contentedly with toys, the elder boy was certain to take him up and place him somewhere else, or to interrupt his play and insist upon the baby's adapting himself to his notion of the right kind of play. One day the father, without making his purpose known, began a series of similar operations upon the elder boy. At first the child took it for play, and smiled a rather reluctant smile; but after being taken away from his picture-book, or top-spinning, for half-a-dozen times, the truth dawned upon him, and he said: "Why, papa, I didn't know it felt like that; I will not do so to brother again."

The idea of punishment which is set forth by Mr. Spencer is that of correction, with the purpose of making the child capable of self-control; and nothing is to be done in a spirit of revenge or anger. As the child advances in months and years it requires the exercise of ingenuity and patient investigation to seek out the consequences of the wrong act; but success is almost certain, and by making an ally of nature the admonitions of the mother acquire great force. If this course were carried out in the every-day life of children, there would be a lessening of friction in the household which would be observed and appreciated by each member of it. To illustrate: "The labor of putting things in order is the true consequence of having put them in disorder." Let us imagine, if possible, what would be the result if this were acted upon. If the children refuse to pick up and put away their playthings, when next they wish to have them, tell them soberly and with the calm manner of one whose words are final that they cannot take them because they did not pick them up. This lesson is not likely to be forgotten, and the value of it is of the kind that increases with time and length of days. "If education be a preparation for the business of life, then every child should also

from the beginning have daily experience of this fact, that the natural consequence of putting things in disorder is to put things in order!" The truth is emphasized by Mr. Spencer that by this method "the child is early taught the lesson, which cannot be learned too soon, that in this world of ours pleasures are rightly to be obtained only by labor."

"Proper conduct in life is much better guaranteed when the good and evil consequences of actions are rationally understood than when they are merely believed on authority. A child who finds that his want of care is followed by the loss or breakage of some much-prized possession not only experiences a keenly-felt consequence, but gains a knowledge of causation."

This natural system of discipline is upheld by Mr. Spencer also because it is "a system of pure justice, and will be recognized by every child as such. Take the case of a boy who is habitually careless of his clothes and is utterly regardless of mud. If he is beaten or sent to bed he is apt to regard himself as ill-used, and his mind is more likely to be occupied in thinking over his injuries than in repenting his transgressions. But suppose he is required to rectify as far as he can the harm he has done, will he not feel that the evil is one of his own producing? will he not, while paying this penalty, be continuously conscious of the connection between it and its cause? and will he not, spite his irritation, recognize more or less clearly the justice of the arrangement? Any mother who has pursued this plan will say, I am sure, that it is far more efficacious than a reprimand or the slight punishment she is likely to give, unless greatly angered."

A great gain in firmness is made if a mother resolves, calmly and unvaryingly, to carry out this system. She will be able to guide and control children much better than if, with no definite idea in her mind, she acts often simply in accordance with her feelings. There is a gain also in self-respect and in dignity, for there are two results of success; and when she has settled upon a reasonable plan for administering justice to the children she will do away entirely with the custom, common in some households, of "telling your father," thus relegating the responsibility and authority to him and diminishing her own power to govern. Possibly there are mothers who never thought that in doing this they were evading a duty, that of requiring obedience of their children, or who pondered deeply the effect upon character of daily and cheerful obedience. "The tempers both of parents

and children," says Mr. Spencer, "are much less liable to be ruffled under this system than under the ordinary system. Penalties which are inflicted by impersonal agency produce an irritation that is comparatively slight and transient, whereas penalties which are voluntarily inflicted by a parent, and are afterwards remembered as caused by him or her, produce an irritation both greater and more continued. A father who punishes his boy for carelessly or wilfully breaking a sister's toy inflicts an artificial penalty on the transgressor and takes the natural penalty on himself, his own feelings and those of the transgressor being alike needlessly irritated. If he simply required restitution to be made he would produce far less heart-burning." Mr. Spencer urges that if this course were habitually pursued the relations between parent and child would be more intimate and friendly, and that in order to cultivate a child's moral nature occasions of personal resentment should be avoided; and it is to be remembered that "the father's and mother's approbation or disapprobation is one of the ordained agencies for guiding the child. The moral reactions called forth from you by your child's actions you should as much as possible assimilate to those which you conceive would be called forth from a parent of perfect nature."

To be sparing of commands is one of Mr. Spencer's maxims; but if you tell a child to do or not to do, follow the injunction with a firm purpose to be obeyed. How many mothers in their futile attempts at government remind a looker-on of the nursery rhyme, when

"The King of France, with forty thousand men,
Marched up the hill, and then marched down again,"

so ill-considered are their commands and counter-commands. "Consider well beforehand what you are going to do, weigh all the consequences, think whether your firmness of purpose will be sufficient, and then, if you finally make the law, enforce it uniformly at whatever cost. If the consequences you tell your child will follow certain acts follow with uniformity, he will soon come to respect your laws as he does those of nature." The aim to be constantly borne in mind is, that all our discipline is "to produce a self-governing being," so that when the child can no longer be restrained and guarded by father and mother he will be able in some degree to realize the ideal so dear to all wise men, and be governed by his reason. In order to cultivate the reason what better method can be pursued than the one thus imperfectly sketched?

There are other points regarding the moral development of children where the ideas of Mr. Spencer are full of comfort, an inspiration to constant and careful study, and sources of encouragement to those mothers whose babies do not seem to come "trailing clouds of glory," as does the typical boy of the poet, but whose footsteps are followed by evidences of naughtiness and mischief, not very bad in themselves, but which fill the mind of the mother with anxious fears for the future. To such a mother he says: "Do not expect from a child any great amount of moral goodness; as the child's features—flat nose, forward-opening nostrils, large lips, wide-apart eyes, and absent frontal sinus, etc.—resemble for a time those of a savage, so, too, do his instincts. The popular idea that children are innocent, while it may be true in so far as it refers to evil knowledge, is false in so far as it refers to evil impulses, as half-an-hour's observation in the nursery will prove to any one."

"Be content," says our philosopher, "with moderate measures and moderate results. Constantly bear in mind the fact that a higher morality, like a higher intelligence, must be reached by a slow growth, and you will be less prone to that constant scolding and threatening and forbidding by which many parents induce a chronic domestic irritation, in the foolish hope that they will thus make their children what they should be." It is a new thought to some mothers that morals may grow. They do not expect their children to be wise without knowledge or experience, but they do expect them to be good and to exhibit virtues that can only be gained from triumphs over temptation. We are not to be too deeply distressed if our children are not faultless; if they do seek to evade the justice which is sure to overtake them after wrongdoing, or if they show signs of a strong will and plenty of temper; or even if they rise at times in rebellion at all things, and exclaim, as a little boy did a few days ago: "O mamma! I wish God wasn't around everywhere, seeing everything"; or like the son of a friend of mine, a clergyman, who said to his mother, in a burst of bed-time confidence: "I will not say my prayers, for I hate the dear Lord."

Even in the case of grave offences Mr. Spencer believes that the discipline of consequences may be resorted to. "For what are the natural consequences of a theft? They are of two kinds,

the direct and indirect. The direct consequence, as dictated by pure equity, is that of making restitution. An absolutely just ruler (and every parent should aim to be one) will demand that wherever it is possible a wrong act shall be undone by a right one. The indirect and more serious consequence is the displeasure of parents, and this will be most deeply felt by a child who is in sympathy with his parents, and who values their good opinion of him."

It is not easy to govern a child in accordance with the suggestions given by Herbert Spencer; it cannot be attempted without a great deal of thought and of self-control, and certainly not without the exercise of that crowning virtue, which comes very late into some of our lives—patience. It may be that for some there will be strength in the thought that in thus applying high principles to the management of their children they are educating themselves as well. I suppose that, if we knew how to study him, our baby might become our best text-book.

To the mother who is greatly wearied with the ceaseless toil, the constant doing of the same things over and over; who sees her youth and early womanhood fleeing away, and who feels that she is not attaining those mental heights to which she looked so long ago with expectation, one thought of Mr. Spencer's will be like a breeze from those very hills: "It is a truth yet remaining to be recognized that the last stage in the mental development of each man and woman is to be reached only through the proper discharge of the parental duties, and when this truth is recognized it will be seen how admirable is the ordination in virtue of which human beings are led by their strongest affections to subject themselves to a discipline which they would else elude."

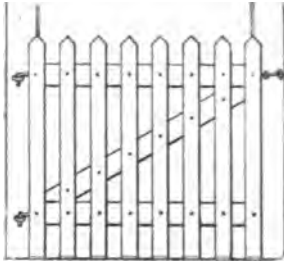
A fair-haired, blue-eyed baby-boy sat on the floor the other day playing with a doll. A child of four years old was paying a call with his mamma to the mother of the baby, who, not knowing the child's name, and seeing nothing in its dress to indicate sex, pulled his mother's sleeve, and said in a loud whisper: "Mamma, what's that going to be when it grows up?"

This pertinent question will be kept in mind hourly by the woman who studies the "Education" of Herbert Spencer, and the answer to the question ought to be this: "A self-governing being"—a being capable of self-control.

EMMA W. BABCOCK.

NURSERY HELPS AND NOVELTIES.

NURSERY SAFEGUARDS.—"B." Lenox, Mass., writes: "Weakness and ignorance are common to all babies, and the weakness is a most fortunate accompaniment of the ignorance. Until the child



is wise enough to dread falling he is not strong enough to clamber out of his crib; and by the time he has power enough to hurt any one, he has learned not to strike. The

adjustment between these two qualities is not, however, complete. The weakness does not vary precisely in the same ratio as the ignorance. Therefore we have to hedge the child about for a time with numerous safeguards. Pins and other deadly weapons have to be put beyond his reach. The fire has to be surrounded by a big fender. The crib must be built up until it forms a lattice or wicker dungeon, through whose protecting bars our little prisoner may peer in safety. The windows are to be crossed by strong slats firmly screwed on; and the door should be guarded by a little gate. In fact, it is to this little gate that the path of our discussion has been leading. The simplest things are often best, and we have found nothing better than the following, which is not patented: Have your carpenter make a neat gate of slats, about three feet in height, and two inches wider than your door. Screw two hooks into the back of this, to fit two screw-eyes which you fasten into the jamb of the door on the outside. Lock the gate by one hook fitting another screw-eye, and the thing is done, and will look something like the above. The advantages of this gate are that it can be instantly removed at pleasure by lifting it from the hooks. The same gate can be used for as many doors as you choose, as it is easily moved; and it can also be attached in same manner to stair-cases at top or bottom.

"I intended to speak only of the gate, but my chance allusion to the danger of fire reminds me of the great value in a nursery of the little fire-ex-

tinguishers known as hand-grenades. These are made by various companies, but are essentially small bottles filled with a fluid which generates carbonic-acid gas when thrown on flame. If the chimney catches fire, break one of these in the stove and the flames are instantly extinguished. We have tried it twice already. If Baby's clothing should catch fire, it could as easily and quickly be put out, and the liquid does no harm to the skin. The cost is very low, and there is no more important safeguard."

HANGING BASKET-BED.—"O. H.," Greeley, Col., contributes the following: "There is many a mother who is obliged to keep the baby in her own bed because her sleeping-room is too small to admit of a crib, in addition to the other necessary furniture, and also many a mother who cannot place the crib by the side of her own bed, thus necessitating her leaving her warm bed to attend to the wants of her nestling, however cold the night may be. To such mothers I would recommend a hanging basket to be sus-



pended over the foot of the bed. There are oval willow clothes-baskets that are very suitable for this purpose and inexpensive. A crib without legs or a shallow box could be suspended in the same way, fitted up to suit the taste. But a basket has the advantage of being lighter,

hence more easily handled. It can be swung to the wall and fastened out of the way when not in use. With a soft little mattress and pillow and light warm covers the baby can be made much more comfortable, and less liable to take cold than when kept in its mother's bed. Whenever the baby needs attention its mother or nurse has only to raise herself in bed to do so, and with an outstretched hand she can adjust the covers at any time without even raising herself in bed. A ring can be fastened at the top through which can be passed a width of mosquito netting and drawn down to the bottom of the basket, the two widths closed forming the entire curtain. To keep the basket from swinging it may be fastened to the bedstead with a couple of cords. One of these hanging baskets in the sitting-room near mother's easy-chair proved a secure nest for two little baby boys I once knew. It took up no room on the floor."

THE JAPANESE WATER-COOLER, described by "I. B. M.," Lewiston, N. Y., consists of two tin cylinders, the outer one fitting down to the bottom of the inner, and both covered with a thin layer of cork under their Turkey-red exterior. Its capacity is about two quarts. When the reservoir is filled with ice at night some will still remain in the morning, even in a warm room. But the use to which those disapproving of ice-water will put this novelty is to keep a bottle, pitcher, or deep cup of milk, or other food for Baby cool and sweet for hours, and at



hand; or to keep lumps of ice for use in illness. A bottle of drinking water or other fluid may also be surrounded with ice, and for keeping flowers fresh (only sprinkling them a little) this cooler is perfect.

A FLEXIBLE FASTENING FOR BED-CLOTHING is thus described by M. C. D., Hartford, Conn :

"I would not be without it for a great deal ; and the hope that it may prove of equal value to some one else prompts this note. The arrangement consists simply of two thin strips of wood and four rubber bands. For a crib the strips should be, say, $1\frac{1}{2}$ in. by $\frac{1}{2}$ in., and 6 or 8 inches shorter than the inside measurement of the crib, according to the width of the pillow, the sharp edges rounded off. The rubber bands, which should be about 4 or 5 inches long and quite stout, are attached to the sides of the crib-frame, two at the head and two at the foot, just below the level of the mattress. To secure the bed-clothing in position the end of one of the strips is introduced under the clothes, or counterpane only, at the foot, and the elastic band wound around once or twice on the outside, thus enclosing the end of the stick and the bunch of bed-clothing. This is repeated with the four bands, and as a result the clothes are held in position, while at the same time the stretching of the rubbers allows them to yield to the movements of the sleeper in changing position. The whole is adjusted in less time than it takes to read this, and saves many steps otherwise occupied in running to see if 'Baby is uncovered.' I got mine of an agent. The address on it is : 'Bed Guardian, m'd by George Campbell, agent, Pittsfield, Mass.'"

AMUSEMENTS FOR CHILDREN.

SOME of us overdo this matter, providing, inventing, and sharing amusements for and with our children till they learn to depend upon themselves for nothing, whining and teasing constantly for "something to do."

For a teething, fretful little one, or for an older child that is ailing and weakly, I am willing to pile blocks by the half-hour for his lordship to knock over, and drop beans or tiny tapioca balls one by one into a bottle for him gleefully to shake, since these things may divert his

attention from his swollen gums. But constantly to sacrifice precious hours that should be given to work or recreation in amusing an exacting, capricious, healthy child whose age can be counted by years, not months, I no longer consider a mother's duty, and experience has taught me that it is a positive injury to the child, because it lessens his inclination to draw on his own resources for employment or amusement.

"How did you ever manage to bring up fourteen children, when the incessant demands of

three sometimes seem more than I have strength or patience to meet?" I once exclaimed to an old lady.

"Oh! la," answered the old mother, "it's no harder bringing up fourteen than two or three, if you only bring 'em up right; for the older ones can take care of the little ones and help with the work besides. Why, when my Solomon was no older than that girl"—pointing to my little three-year-old lassie—"he helped a sight with the two younger children."

"How could he help?" I asked, wincing at the insinuation that "that girl" was of very little help in caring for my ten-months-old baby.

"Why bless you, child! he could sit in the foot of the cradle and rock it by the hour, and pile up chips for her to knock down, and haul her out-doors in pleasant weather, and—"

"I did not know people had baby-carriages in those times," I interrupted, willing to change the subject; for the old lady had just witnessed an unsuccessful attempt of mine to persuade Birdie to rock the cradle a few moments while I was otherwise occupied.

"Yes, dear, we had our little, home-made baby-carts—clumsy, creaking affairs, to be sure, but not easily overturned, and just as useful as one of these straddling, top-heavy things, shining with paint and varnish, that scare every horse on the highway. My baby-wagon was made of an old warped cheese-hoop rigged on wooden trucks that—"

"And you could trust a three-year-old child to draw your baby about and have some care of it?" again I interrupted my visitor.

"La! yes, child. In those days mothers could put care on their children. But times are different now; a woman seems to expect nothing of her young ones, but waits on them and studies up little plays for them, and is at their beck and call till they are old enough to be sent to school. In my day there was nothing said or written about 'amusements for children.' Folks had too much work in hand to spend time scaring up new ways to keep the children occupied, about which such a hue-and-cry is now raised; and as for the little ones, they never lacked for occupation after they were old enough to run alone, for there was always a cradle for them to rock, or chips to pick up, or cinnamon-bark to pound, or some such little task to do, which kept their hands from mischief and made their play all the sweeter when play-time came."

This old mother's words set me to thinking. Certainly, the restless, active little hands must

be kept employed. Let work suited to their capacity and strength fill enough moments to keep them from continually whining about us for new amusements. Little tasks well done sweeten play-hours wonderfully. All work and no play may make Jack a dull boy, but I do know that all play and no work makes him a whining, disagreeable little fellow, as uncomfortable as he is unoccupied.

Do I seem unkind and unmotherly when I say we wait on our children too much, a real pleasure though it be to do so? Which is the wiser, kinder way in the end, to trot unnecessarily for our little people or teach them to trot for us and wait on themselves? The child's best good should always be kept in view. Patience, self-control, perseverance they must acquire, if you would have your children be any help to the world in the future, and I know of no better way than to teach them these virtues from their infancy.

My little girl's first hard lesson in patience and self-control came when buttoning her boots one day at two-and-a-half years old. The hook caught in the half-worn button-holes, and, after an angry twitch or two to free it, she threw herself face down, kicking and screaming with anger. She was required to get up immediately, the hook was unclasped for her, and a few kind, encouraging words said, and the trim little feet were slowly buttoned into their boots by herself without further outburst of impatience. Since that age this little daughter dresses her feet alone each morning, and it is not only a real help to mamma, but for the time occupies the uneasy little hands and head.

During the summer months, when our country children have all out-doors in which to busy themselves, their demands on their elders are slight; but through the long, cold winter, with snow-drifts often piled to the eaves of the farm-buildings, between which are only wallowing paths—no well-beaten track in which they can be turned loose for a run, no blessed kindergarten to receive and entertain them for a few hours of the day—the outings for our little folks are rare and the time hangs heavy with them. When they become listless and hard to please a few tasks set them make a healthy change. Very small hands can scour knives, grind coffee, wheel and rock Baby, twist lamp-lighters, stem raisins and currants, and fill chip-baskets; and when their work is finished they turn to their play with fresh zest and a relish they could not have if we tried to fill all their hours with play.

CLARISSA POTTER.



STRAY LEAVES FROM A BABY'S JOURNAL.

BY A PHYSICIAN.

No. VI.

WE were off. Again we passed through the narrow streets; again I saw the boys and the girls, the little pigs and kittens; but I soon fell asleep, and when I awoke I saw mamma. I was so glad!

Mamma met us at the door very much excited, and said: "O nurse! where have you been all this time? My poor baby must be famished. Has anything happened?" And she took me to her bosom and kissed me and fondled me. It was so good—it was mamma.

"But, nurse," exclaimed mamma, "how his clothes smell! Ugh! Where on earth have you been?"

"In the Park, ma'am," said the nurse. "Baby seemed so happy that I did not notice how long we were out; how quickly time must have slipped!"

"But his clothes smell so!" said mamma.

"It must have been Mammy Price; she is always a-taking babies in her arms and a-kissing them. I told her not to, but she said he was so sweet she couldn't help it."

When I woke up I was in my crib; mamma was standing over me crying, the old doctor was looking at me, and nurse was frightened. Papa, too, was in the room, walking up and down.

"Oh, he is coming to! he is coming to!" exclaimed mamma. "O doctor, see!"

"Yes, my dear; don't be so frightened. Babies will have spasms sometimes, and from very trifling causes; but they get over them."

"But will he have another?" asked mamma.

"Not this time, my dear. Let him alone; don't fuss about him. You young mothers always fuss too much under such circumstances. He will go to sleep in a few minutes; let him sleep. I'll be back in an hour." I did go to sleep, as the doctor said.

When I awoke, mamma and nurse were talk-

ing aloud. I heard nurse say: "But I assure you, ma'am, I gave nothing to the baby!"

"But did not somebody else give him something?"

"There was nobody else to give him anything, for I was watching him all the time."

The doctor came in just then; he looked at me, smiled, and said, "All right, little man"; then, addressing mamma, said, "Has he vomited since he came to?"

"Yes, doctor; the nurse says he vomited a little milk while I was out of the room."

"Yes, yes, I understand; it is as I thought—indigestion. Now, my dear, will you leave the baby to me, go down-stairs, and make me a cup of tea? Mind that you make it yourself; I am a great sceptic regarding that uncertain beverage."

"I shall be most happy." And off she went.

As soon as mamma was gone the old doctor turned to the nurse and said: "What did you give this child?"

"Nothing, on my honor, doctor."

"Now, nurse, this won't do; if you do not tell me the truth I shall be compelled to have you discharged on the spot."

Nurse began to cry, and said: "Doctor, I wanted to see my niece, and I left the child for a few moments with a friend—only for a few moments. She may have given him something, although I told her not to."

"I understand now. That is the way you nurses discharge your trusts, and then complain of the doctors because they are severe on you. Don't let this happen again, that's all."

Mamma came in with a cup of tea, and nurse went out. Mamma was very happy and talked and laughed with the doctor till he went away.

A little while after the doctor had gone the nurse came in and looked happier. She said to mamma. "The doctor thinks that teething is often the cause of convulsions, and that our baby is teething."

"Strange the doctor did not say anything to me ! But never mind, I hope it is all over now ; but I do not want another such fright for anything in the world. If he is teething we must get him a whistle." So shortly after she brought me one.

That whistle was a great comfort to me ; I couldn't make sounds on it like papa, but I could bite it, and that felt good.

A few days afterwards nurse said : "That whistle brought baby two teeth, ma'am." Mother looked in my mouth and said, "Sure enough," and kissed me. I did not see how that whistle could bring me two teeth ; it had never left my possession since it was given to me.

I can talk now. I can say mam-ma, pa-pa ; I am so delighted that I say it often to myself. Sometimes papa says to me : "I am not mamma, I am papa ; say 'papa.'" I do not like to say it when I am asked to do so.

Mamma wants me to talk all the time ; she says to me : "Say 'papa' now, my darling." She always wants me to say "papa," even when I want to say "mamma." Papa says to me : "Now say 'pretty mamma.'" So I learnt to say "petty mamma," and I like to repeat the dear words. I am trying to say other things, but I can't.

Mamma took me up in her arms so sweetly this morning, saying : "One year old to-day, you darling boy. Yes, mamma's boy, just one year old ; and Willie, and Jennie, and Sophie, and Annie are all coming to see him. My baby will have a levée." So nurse took me up and gave me just such a scrubbing as she did on the picture day ; then they dressed me with beautiful red ribbons, and I had a locket and a ring, and a horse and a new whistle all white and red. Oh ! how I wish that my birthday would come every day. Babies came, and also boys and girls, and along with them little men, little women, and little horses. Oh, such fun ! Girls took the little horses from the boys, the boys took the little women from the girls, and they laughed and talked and shouted. One little boy fell from the sofa and cried, then another boy cried, and

we all cried. But a girl with beautiful light curls came to me and said, "Here, baby, take my doll," and she handed me a little bit of a woman with yellow curls and blue eyes. I let her fall, but she never cried.

Then mamma came and said, "Come along with me, you little ones." She took me in her arms, and all the children followed her. She put me into such a funny chair, and said : "There is my baby at the table, sitting up like a little man !" All the children sat around the table with bibs on, and all the large women stood behind. In the centre of the table I saw a round thing with one candle stuck into it burning ; I saw flowers and little plates. All the little men, the little women, and the little horses were lying around the table. It was so beautiful ! I wanted everything ; I took a glass in my hands, and it broke into so many pieces ! The children laughed, and talked aloud. Mamma gave them something white and red ; I wanted some, too. Mamma gave me a little bit in a spoon, and it was so cold that it burnt my lips, and I cried. Mamma laughed ; the children laughed and giggled. A boy pulled something, and whack ! what a noise it made. Some children shouted, some were afraid and cried. Such a jolly time we had ! Mamma said I was so excited I would not be able to sleep ; but I did sleep soundly, and in my sleep I again saw all the little women, the little men, and the horses.

Of all the troubles of infantile life I must say that talking is the worst. Yet I feel that I must talk. I talk even to myself, but what is strange is that while I understand my own talking nobody else does. So after pondering this subject for many days I have come to the conclusion that I must talk like other people to be understood, and try to forget my own way and imitate that of others ; but here I am met with another difficulty, and that is that the way of one is not that of another, and thus I am greatly disturbed in my understanding or being understood.

Sometimes I think I understand what mamma says, but then I do not understand what nurse or papa says, and in my bewilderment I give it up. But they so persistently talk that I take it up again, and then I look at them while they talk. Sometimes I understand them better

by looking in their eyes and noticing their motions than I do by listening to their words ; but I can't keep looking at them all the time, for I get wearied and then drop off dreaming over my own thoughts. So this learning to talk is a long and lasting trouble to me. When I get hold of a word that everybody uses I am delighted, because after a while I can use it myself. Thus I learnt to say "piggy," and I love to say it ; but papa, who loves to tease me, sometimes says, "No, no ; doggy." Piggy had left so pleasant an impression on me that I could see in my mind its curly tail wiggling whenever I said the word ; but I had scarcely got that far when my "piggy" is mixed up with "doggy" ; then I am all in a confusion again and look at papa, who adds, "Yes, yes ; doggy." Then "doggy" it shall be.

When I see my papa another time with the lovely book of pictures in his hands I am anxious to show him "doggy," and I run my finger to it and say in exultation, "Doggy !" "No, no," papa says—"no, no ; piggy !" Where am I, then ? This may be fun for papa, but it is no fun for me, who am trying so hard to get at the truth. Then papa added "Bow-wow !" which I liked, and laughed at the word ; so when I saw curly-tail again in the book I screamed out, "Bow-wow !" But papa said, "No, no ; gu-gu," which made a grunting sound I am not acquainted with. I was in despair again, for it was evident I could not learn to talk from papa. But good mamma came to my relief ; she came in with a little animal that wagged his tail, danced around as if he were glad, and licked my toes. Mamma said, "See the pretty bow-wow," and I recognized him instantly, and laughed and crowed and jumped. I wanted to take him, but papa said, "Where did you get that ugly cur ?" Then mamma, calling bow-wow, said, "Here, doggy, dear little doggie, turn and kiss baby's tooties." But papa quickly said, "Matilde, don't let that brute lick baby's toes !" But doggy likes baby, and doggy, or cur, or bow-wow, or brute, licked my feet and my hands, and I was delighted. And then "pussy" came in, and, like a very bad pussy, spat at doggy, and doggy bow-wow-ed at pussy. Papa then said : "Take that cat away or there will be a row here in a minute." "Oh ! no," said mamma ; "the

kitten is good." And kitten, or pussy, or cat, began to play with her chain.

After a while they all went away, and mamma soothed my excitement with a drink of milk, and I began to think over what I had heard ; but I could not separate in my mind doggy from bow-wow, piggy-wiggy from pussy, from cat, or from brute, and keep them all apart in my head.

Almost every day I have some such worry to undergo, and it is hard that I should be so troubled—I am only a baby. Now, this morning nurse said : "Baby go day-day, and see pretty bunnies, and bow-wows, and nice ickle ba-lams, and the big moo-cow, and ickle baby-chickens, and quack-quacks, and piggy-wiggies." I was delighted at the prospects and made no fuss about dressing. I went and saw them all. What fun ! I yelled and screamed and threw my arms about in delight. When I got back I wanted to tell all I saw to papa, but as he saw me so excited he took me in his arms and asked me if I had seen the rooster, then the hens, and the ducks, and the sheep ; at once I was all in a muddle, my excitement ceased, and altogether I was a sorry baby.

One day a little girl came to my room, where I was enjoying myself chewing my whistle ; she took my hands, struck one against the other, and said : "Patty-cake, patty-cake." She never let me alone until she made me do it ; now everybody makes me do it. It is funny, but imagine my bother when nurse came to mamma, all red in the face, saying : "I have made some cake," and never struck her hands once !

Nurse sometimes sings me to sleep ; once she sung :

"Little Bo-Peep
Has lost her sheep,
And don't know where to find them ;
Let them alone,
And they'll come home
And bring their tails behind them."

That sheep troubled me a good deal afterwards. I tried to settle in my mind whether that sheep was a ba-lamb ; then worried myself thinking that the ba-lamb had lost her peep and did not know where to find it.



NURSERY PROBLEMS.

We must request our correspondents to be as concise as possible, and to confine themselves to a few salient points. If the reply to a query has already been anticipated by an answer to a previous letter, we must limit ourselves to a brief reference to the former answer. All communications should be written on one side of the page only, and contain the names of the writers, which, however, will not be published unless desired. We endeavor to reply as promptly as possible.

SLEEPING WITH ARMS UP, AND OTHER QUESTIONS.

To the Editor of BABYHOOD :

(1) Will you please tell me in an early number whether it is injurious for a child to sleep with its arms above its head? Our sixteen-months girl habitually sleeps in that position, and I have vainly tried to cure her; the least attempt to move and keep her arms down makes her toss and throw them up, and if persisted in she wakens; and as I live in the country and do my own work, I do not like to do anything that will keep me awake at night, unless it is necessary for Baby's comfort.

(2) Also, please state if baked apples are good for a child of that age. She is very fond of them, but once or twice she has had an attack of colic that I thought *might* have been caused by eating them. She is a very small eater; she still nurses, and throughout the day only eats about two tablespoonfuls of rice or sago pudding made by recipe in May number, or perhaps as much again of apples; and sometimes she gets a soft-boiled egg for breakfast, but never eats all of it.

(3) Is boiled milk better for her to drink than the other kind, or not? I have been told it was. We have cows, so I *know* the milk is sweet and good.

R. N. McC.

LEE Co., IOWA.

(1) We have often heard objection made, particularly by "old-fashioned" nurses, to patients' sleeping with their arms up. But no reason for the objection has ever been made clear to us. We suspect it is this: If a sleeping person keeps his arms or any part of his body in a position which requires a muscular effort to maintain it, it is evident that the relaxation of perfect sleep has not occurred. The posture is probably not the cause of the imperfect sleep, but the result. But there are persons who sleep with their arms raised with perfect comfort and apparent refreshment. If, therefore, you cannot find any evidence of ill-health or any other cause for your child's habit, it seems to us better that you should let her take her sleep as she best enjoys it, tak-

ing care that her arms and chest are warmly enough clad to prevent chilling.

(2) Regarding the child's diet, one thing is evident—she ought to be weaned. How much she depends upon the breast is not stated, but at her age (sixteen months) it is by no means probable that the milk has much value, and a child that can eat the things specified does not need the breast at all. The special inquiry about the apple may be answered thus: If it be eaten in the early or middle part of the day, if the core and skin be carefully removed, and if it be not—as is usually the case—the vehicle for smuggling into the baby's stomach a large quantity of sugar or molasses, it will usually be harmless to a child of good digestion.

(3) The milk need not be boiled unless there be a tendency to looseness of the bowels, but it had better be given warm.

CLIPPING THE EYELASHES.

To the Editor of BABYHOOD :

Is it true that clipping the ends of the eyelashes is beneficial, and is it likely to cause them to grow longer? When is the proper time to do it?

"GWARRY."

SANTA BARBARA, CAL.

Clipping the eyelashes cannot be beneficial in any way, but may be decidedly harmful. The lash is the protector of the eye. Cutting, if it affected them at all, would be likely to make them coarse. There is no proper time to do it.

HOLDING THE BREATH SPITEFULLY.

To the Editor of BABYHOOD :

I should like to ask a question suggested by the article headed "Dangers to be Avoided," by Dr. Jerome Walker, in *BABYHOOD* No. 10, with regard to a baby's holding its breath when eating. What is the best remedy for a child that holds its breath (*not* when eating, but when it is cross and wants a certain wish to be granted), away from the table?

Should a mother humor the child by letting it have its own way, or should one give it to understand that it cannot have all and everything it sees and wants? I think a "spank" would bring its breath back and not hurt Baby much.

A READER OF BABYHOOD.

The holding of the breath described is not dangerous, but is a vicious trick. Of course the child should not be yielded to. It can be made to breathe easily enough by any of the manoeuvres that are used to start respiration when it has been accidentally stopped (or has not been established, as is often the case with a new-born infant), such as the "spank," a dash of cold water in the face, violent blowing in the face. Whether it is worth while to resort to such measures, which, while entirely physiological, have the appearance of a punishment, must depend upon individual cases. Most children, if they find that the mother cannot be made to yield to their desires and cannot be frightened by this holding of the breath, promptly abandon the habit, while it is certainly prolonged by indulgence.

OBJECTIONS TO LINEN SHIRTS—NURSING EVERY TWO HOURS.

To the Editor of BABYHOOD:

(1) I should like to ask *why* babies need to wear the linen shirts mentioned in BABYHOOD as one of the necessary parts of their first wardrobe. It seems to me a cruel thing to crowd around the soft arms and under them any more seams or folds or layers than are absolutely necessary. The flannel or knit shirt suffices for warmth; of what use, then, is the linen shirt except to afford another outlet for the mother's vanity in trimmings, and to add another delay in that process of dressing which should be shortened as much as possible?

(2) Ours is another baby who *would* not give up her meals every two hours all day. It was so different from the instructions given by the medical books to nurse a "four-months-old baby only once in four or five hours" that I underwent a great deal of needless anxiety on that account. Just as regularly as the clock Baby had to be nursed every two hours. At night she only woke once, about two o'clock, nursed, then slept till seven. She is nine months and a half old, has never had a sick day, weighs twenty-one and a half pounds, is as forward as any baby we know except in the matter of teeth, and is known throughout our circle of acquaintances in this large city as the plump, healthiest, *merriest* baby they ever saw. "Where doctors disagree, etc.!"

E. A. N.

ST. LOUIS, MO.

(1) For like reasons you might dispense with cambric skirts, flannel ones being warm enough without them. By all means discard the linen shirt, if you like. But it is daintily pretty, and

looks better through the thin sleeves of the frock than does a flannel or knit undershirt.

(2) Did you try extending the periods between feeding times *gradually*, say five minutes a day, or in two days, until, without knowing it, she suffered three instead of two hours to elapse before the stomach sounded the alarm?

CONSTIPATION.

To the Editor of BABYHOOD:

I have a babe, two months old, so constipated that it has been necessary to give an enema every other day in order to move the bowels. This seems a very unnatural and bad practice to me.

What would you advise? I have tried oatmeal and several simple teas but without the desired effect.

C. L. C.

TOPEKA, KANS.

It does not appear from the above whether the child is on the breast or not, or, if fed, what its food is. If the child is suckled, before resorting to medicines the mother (or nurse) should take care that her own bowels are in good order. If this does not keep the baby's in satisfactory condition, the need of the enema may sometimes be avoided by the ordinary device of the soap pencil. A piece of common bar-soap two or three inches long is cut and scraped into the shape and size of a sharpened cedar pencil; when it is desired to produce an evacuation this pencil is oiled and gently introduced into the seat, and after a few minutes it is withdrawn. Paper rolled up like a lamp-lighter and oiled often has a similar effect, but is less efficient. If the child is fed, the food should be of such a kind as tends to relax the bowels. We have found those that contain a good deal of malt to have this effect in a marked degree. Malt extracts are readily obtainable anywhere.

A NERVOUS CHILD.

To the Editor of BABYHOOD:

My little girl, just seven years old, still wets the bed at night. She does not wake up at all. She also stammers, and is a nervous, active, excitable child. She is not a hearty eater, but seems well here in the mountains. What can I do for the weakness of the bladder and the stammering? Please answer, and you will greatly oblige

J. M. H.

CONNECTICUT.

The bladder trouble is sometimes very obstinate, taxing the ingenuity of both parent and physician; but, on the other hand, it sometimes promptly yields to treatment. If by not waking up "at all" you mean that she does not wake

after going to sleep, it may be that the trouble lies in this: that the bladder becomes over-full—or fuller than it can tolerate—before she awakes. Such cases often occur, and often are cured by the systematic practice of waking the child at the hour of the parent's retiring, or later in the night, so that the bladder may be relieved. Of course a nervous child should be awakened gently, so that it will be not frightened; but it should be sufficiently awakened to be conscious of the reason of its being taken up. Nervous children often manifest especial irritability of the bladder and need systematic medicinal treatment. The management of this is too complicated an undertaking for domestic practice, and need not be entered upon here. If the habit of taking your little girl up in the night, with limiting the amount of liquid taken before retiring, does not relieve her, ask the advice of the best physician within reach; the drugs needed are too potent for you to deal with by yourself.

Regarding stammering something was said in the August number of *BABYHOOD*. If that does not answer your question sufficiently, write again and we will try to reply more particularly.

MERITS OF CANTON FLANNEL—BABY'S BAND—DRINKING "BETWEEN MEALS."

To the Editor of BABYHOOD:

I want to tell you of something I used for my boy, and I have known of other mothers liking it as well as I do, and that is *Canton flannel*.

(1) For *napkins* it is so soft, and not so cold as linen. Of course no mother would be content to be without a stock of linen ones, but the *Canton flannel* needs only to be tried to have its merits demonstrated.

(2) Then the question of the bands I settled in this way: by knitting them of Saxony yarn, loosely, on medium-sized steel knitting-needles. They are elastic, and keep in place far better than flannel bands do; they do not slip up or wrinkle, and if carefully washed do not shrink. They are knit in old-fashioned garter-stitch in a strip, and then are sewed, or more properly are darned, together, so that there is no seam to rub.

(3) Isn't *BABYHOOD* a comfort! My only trouble is that of "X."—that it is all the time borrowed.

(4) Do you think it is wrong to let a baby two years old drink from a bottle once between breakfast and dinner, and again between dinner and supper, and again just before going to sleep at seven for the night? B.

OIL CITY, PA.

(1) *BABYHOOD*'s opinion as to the comparative merits of linen and cotton napkins has been already given. The former are undoubtedly preferable in warm weather, and for tender skins

in winter, when neither linen nor cotton should be used without being first warmed.

(2) Very good.

(3) Your "trouble" is shared by others as well as your "comfort." Subscribers frequently write to the editors: "I am so delighted with *BABYHOOD* that I lend it all around the neighborhood," or, "When I finish reading each new number I send it to my sister" (or cousin or friend), "feeling that it would be selfish to take all the good things in it for my own use." All this is highly gratifying in one way, but publishers and editors would appreciate yet more gratefully the effort to secure relatives and neighbors as new subscribers. Such a substantial proof of good-will would enable those on whom the conduct of the magazine depends to make it yet more worthy of the encomiums passed upon it by press and subscribers.

(4) "Wrong" would be too hard a word to apply in this connection, but the habit grows stronger with each day of the useless indulgence.

BETTER THAN SAFETY-PINS.

To the Editor of BABYHOOD:

Do you know of any contrivance better than safety-pins to keep a six-months-old baby from kicking off the covering in her cradle at night? Is there any way of fastening down the covering better than pinning it all around with safety pins? R.

Sew loops of elastic to the covering and buttons on the mattress; or, tape-strings on both, which can be tied at night. Either of these is better than pins.

SLEEPING AT THE WRONG HOUR.

To the Editor of BABYHOOD:

What shall I do with a fifteen-months old girl who will go to sleep at 5 P.M. in spite of all efforts I make to prevent it, and will (as obstinately) awake at 3 A.M. day after day? My stock of expedients is exhausted, and my nerves are all ajar for the want of much-needed slumber. Can you help me? In all other respects my baby is a model.

SPRINGFIELD, MASS.

M. A. O.

Try to prolong her midday nap and push this past noon rather than allow her to sleep before that hour. Encourage slumber by perfect quiet and comfort until the afternoon is well advanced. She will then keep awake until a seasonable bedtime, and, as a consequence, sleep later in the morning. With a few children this trick of turning night into day appears to be inveterate until they are old enough to run about and tire themselves healthfully, when sleep comes and continues naturally.

BABY'S WARDROBE.

TALMA, OR CAPE, TO TAKE THE PLACE OF SACK OR SHAWL.

FOR a baby in long clothes the cape will need to be deeper than for one old enough for short dresses, but after catching the principle of the pattern it will be an easy matter for the worker to lengthen, shorten, or change the pattern in any way.

The material may be Germantown wool, if a thick cape is wanted; split zephyr, if it is desirable to have it thinner. Four yards of satin ribbon half an inch wide will be required for running in the open spaces, and a yard and a half of wider ribbon to tie at the throat. Let the narrow ribbons fall over the border of shell-work, and fringe the end of each piece or turn it under to form a loop.



Crochet a chain for the neck twelve inches in length. It is not necessary to make it the exact size of the neck, as a ribbon will be run in to draw it up. In taking up the stitches for the second row always put the needle through the half of the loop at the back.

First row—After making chain, work three, skip one loop, put stitch into second, put stitch into third, put three stitches into fourth, put stitch into fifth, put stitch into sixth, then skip two loops and repeat across the length, always skipping two loops between.

Second row—Chain three, skip one loop, put stitch into second, put stitch into third, put five stitches into fourth, put stitch into fifth, put stitch into sixth, skip two loops and repeat across.

Third row—Chain three, skip one loop, put one stitch into each of three next loops, then

three into the fourth, then one into each of next three loops, skip two and repeat across.

Fourth row—Chain three, skip one loop, make three stitches, as in third row, and put *five* in the centre and go across. Remember always that first there were two, *three*, two; second, two, *five*, two; in the third row we have three, *three*, three, and in the fourth row three, *five*, three. This makes the pattern, which, although so simple, is very pretty. The two loops skipped make a continuous open-work line between the patterns from neck to border for the narrow ribbon to be run in and out.

Fifth row—Four, *three* in one loop, four.

Sixth row—Four, *five* in one loop, four.

Seventh row—Five, *three* in one loop, five.

Eighth row—Five, *five* in one loop, five.

The ninth row begins with six. Of course the alternated three and five stitches in the centre loop give a pointed effect. This can be carried to any extent desired, but from fifteen to eighteen inches long is generally thought ample. For a baby in long clothes a fringe three inches deep may be hooked into the border, but for a child of six months or older it is much prettier to have a border made by adding seven or nine rows of shells. A pretty shell pattern is—Two stitches, chain of three, two stitches, all put under both loops of one stitch. Putting the stitches under one loop, as in the other rows, brings too much weight or strain upon the wool.

The border must not appear to be ruffled on, but made to lie smoothly by regulating the number of loops skipped between shells. If a border is used instead of fringe, fewer rows will be required for the body of the cape. Let the last row of the cape, in any case, be of shells to go up both fronts and stand up in the neck. If you desire more of a collar, put one or two rows of crochet about the throat. For this nothing is better than three stitches, then a chain of three. This makes alternated blocks of space and solid work. Creamy white wool and ribbon to match are the prettiest and most infantile in effect, but there is nothing out of taste in a pale blue or light pink cape with ribbons of the same shade, and for actual service a colored wrap is certainly more desirable than white.

M. C. HUNGERFORD.

THE NURSERY CATCH-ALL.

—Refrigerators in which milk is set should be kept scrupulously clean. The moisture clinging to their sides, if not frequently removed, becomes putrid slime full of poisonous germs. Milk and butter absorb these with fatal readiness. Hot water and soda are the best purifiers in this case.

—Bear in mind that the baby that has rolled on a blanket laid over dry turf on summer days, without taking cold, may suffer serious harm if allowed to play on the carpet of a furnace-heated room in colder weather. There is always a sweep of cold air near the floors of the best-warmed and best-ventilated house.

—Spare no pains or patience to break the little one of the habit of using his mouth as a general *entrepôt* for small articles picked up from floor and table. No system of training, however early it may be begun and however diligently practised, can make an ostrich of him.

—When the infant's wet bib is removed, let mother or nurse examine the inner garments covering the chest to make sure they are not damp. If they are, slip a piece of folded flannel inside of the shirt to protect throat and chest.

—A square of red flannel with wide, soft tapes attached to the upper corners, worn apron-wise next the skin, is an excellent protection to the bowels in cold weather for children who are disposed to diarrhoeal disorders. The woollen band tends to correct them in babies.

—Remove Baby's socks or stockings at once when wet *from whatsoever cause*, and put on dry ones. Nurses are too apt to be culpably negligent in this particular.

—Mothers to whom a heavy family wash is distressing may lessen the grievance by taking off the baby's white slip and substituting for it one of colored gingham while he is at play. Much friction will thus be spared to the washerwoman's knuckles, to the parent's patience, and Baby's temper. Nothing annoys him more than to be snatched away from that, and to have this plucked from his fingers, because he will "soil his nice white frock."

—Some children have a passion for drawing with pencil, nail, or pin upon walls and furniture. Five minutes of inattention on the part of his custodian suffice for our fresco-artist, whose object is to decorate one side of the nursery, as high

as he can reach, with original and lasting designs. Instead of slapping the busy fingers until they are red, and beating the sensibilities sore with hard words, supply him with a *big* slate and pencil, or, better yet, with a blackboard set against the wall and a piece of chalk. Should a hieroglyphic slip out of bounds now and then, chalk-marks are easily effaced.

—No more satisfactory plaything has been invented for young children than picture-blocks. The plain, old-fashioned cubes are better for building houses, fences, and railway trains than the dissected edifices the little one cannot put together unaided. Every time he piles one block upon another without help, he learns a lesson in self-reliance and perseverance that counts for one step in the discipline of life.

—Knitted cradle blankets and afghans, wrought in plain garter-stitch and alike on both sides, are lighter and more easily washed than crocheted ones. They may be finished with knitted worsted edging, and are both warm and serviceable.

—Teach children at an early age to respect books and papers. When they tear these in mischief or in anger, take them away and do not let them be handled again by the offender. Should a child show an inclination to throw these things into the fire, make him comprehend that such action is a grave misdemeanor, and that he will certainly be punished for the indulgence. One or two sharp lessons will probably effect a cure.

—Cushion the sides, backs, and seats of wicker nursery-chairs. A little domestic upholstery here will prevent many a hard roll or bump to Baby's head and arms. The strap that holds him in the chair may be of soft webbing or such material, but a large silk handkerchief is good for this purpose.

—The half-grown girl who is obliged to play the part of little mother to a heavy baby is to be commiserated as much as the babe whose unfortunate existence is at the mercy of her weakness. Strong arms should hold a little bit of helplessness. The babies know this, none better. Witness how often a baby crying in a car or ferry-boat will cease its plaintive wails if some kind *man* relieves the poor mother of her burden for a moment or two. And how often the baby is "good" with father when the rest of the household can do nothing to soothe it.

MISCELLANY.

[FOR BABYHOOD.]

NUMBER TWO.

BY MRS. GEORGE ARCHIBALD.

WHEN we saw what Heaven had done
For our beauteous Number One—
Made her bright and made her bonny,
Heart so light and smile so sunny—
Never sent we thought of you
Down the future, Number Two.

But we said: "O coming years,
Elsewhere drop your sorry tears;
Hither bring your smiling faces,
Songs to sing, and tender graces,
Thoughts of laughter—all things meet
For a maid so small and sweet."

And we said with happy pride:
"Love henceforth is satisfied;
Nothing more can Heaven send us,
Nothing further Time can lend us;
What new love can Love enfold
When Love's arms no more can hold?"

For we never thought of you
Coming, coming, Number Two,
Softly through the silence, stealing
Into life and shape and feeling.
Little lassie, Number Two,
What has Love to spare for you?

This is what our love has done:
Kissed more closely Number One,
Set our Number Two beside her,
Opened arms a little wider,
And with equal fervor pressed
Each against a thankful breast.

'Tis the same old mystery:
Unto him that hath shall be
Added care—a sweetest blessing,
Tenderness for new caressing,
Love to give where love is due,
Room enough for Number Two.

Do you think the best way to teach baby to walk
would be to give it in charge of a stepmother?—
American Hebrew.

A LITTLE Southern boy, when asked if his father
had a good mule, mournfully replied: "One end of
him is good."—*Exchange.*

HAND-PAINTED.—Little Jack: "My mamma's
new fan is hand painted." Little Dick: "Pooh!
who cares? Our whole fence is."—*Christian Ob-
server, Louisville.*

WEE Fanny bit her tongue one day and came in
crying bitterly. "What is it?" asked her mother.
"O mamma!" she said, "my teeth stepped on my
tongue."—*Times-Mirror, Bristol, England.*

"Is this a singing doll?" asked she of the shop-
man. "Yes, miss." "How do you make it sing?"
"Just as you would any other young woman."
"How is that?" "By pressing it."—*Exchange.*

A REMINDER.—Mrs. Quilter: "You may cut me
off a sample, and I'll see my dressmaker and send
for what I need."

Infant Terror: "Why, mamma, that's just what
you said in all the other stores."—*Life.*

"AND how does Charley like going to school?"

kindly inquired a good man of a six year-old boy.
"I like goin' well enough," replied the embryo
statesman ingenuously, "but I don't like stayin'
after I get there."—*Journal and Messenger, Cin-
cinnati, O.*

JUST the sweetest little girl is —, and she says
the 'cutest and most unexpected things. The other
day her father said to her: "You are a little good-
for-nothing." "No, I am not. I am just what I
am, and nobody can make me *amer*," came the
quick reply.

WE have noticed that whenever a baby is cutting
its teeth and is frightfully cross, the anxious mother
always helps it along with something to bite on, or
rubs its sore gums with a piece of rag. The last pro-
cess, we conclude, might be appropriately termed
the "Sorgum Sugar Cure."—*Exchange.*

THE SMALL BOY HELPING THINGS ALONG.—"I
say, Bobby," whispered Featherly, "was your sister
pleased to learn that I had called upon her?"

"Yes, indeed she was," replied Bobby. "When
mother told her that Mr. Featherly had called while
she was out, she said, 'Thank Heaven!'"—*Ex-
change.*

A LITTLE girl sat in the window eating her bread
and milk. Suddenly she cried out: "O mamma!
I'm delighted, so delighted: a sunbeam got into
my spoon and I swallowed it." When I see chil-
dren with shining faces I think they have "swal-
lowed sunbeams."—*Central Presbyterian, Rich-
mond, Va.*

ENFANT TERRIBLE: "Say, Mr. Snobby, can you
play cards?"

Snobby: "Why, no, Johnny, I can't play very
well."

E. T.: "Well, then, you'd better look out; for
ma says if Emma plays her cards well she'll catch
you."—*Life.*

"Now, you young scamp," said Binks, Senior, as
he led his youngest out to the wood-shed and pre-
pared to give him a dressing down, "I'll teach you
what is what." "No, pa," replied the incorrigible,
"you'll teach me which is switch." And then the
old man's hand fell powerless to his side.—*Province-
town Advocate.*

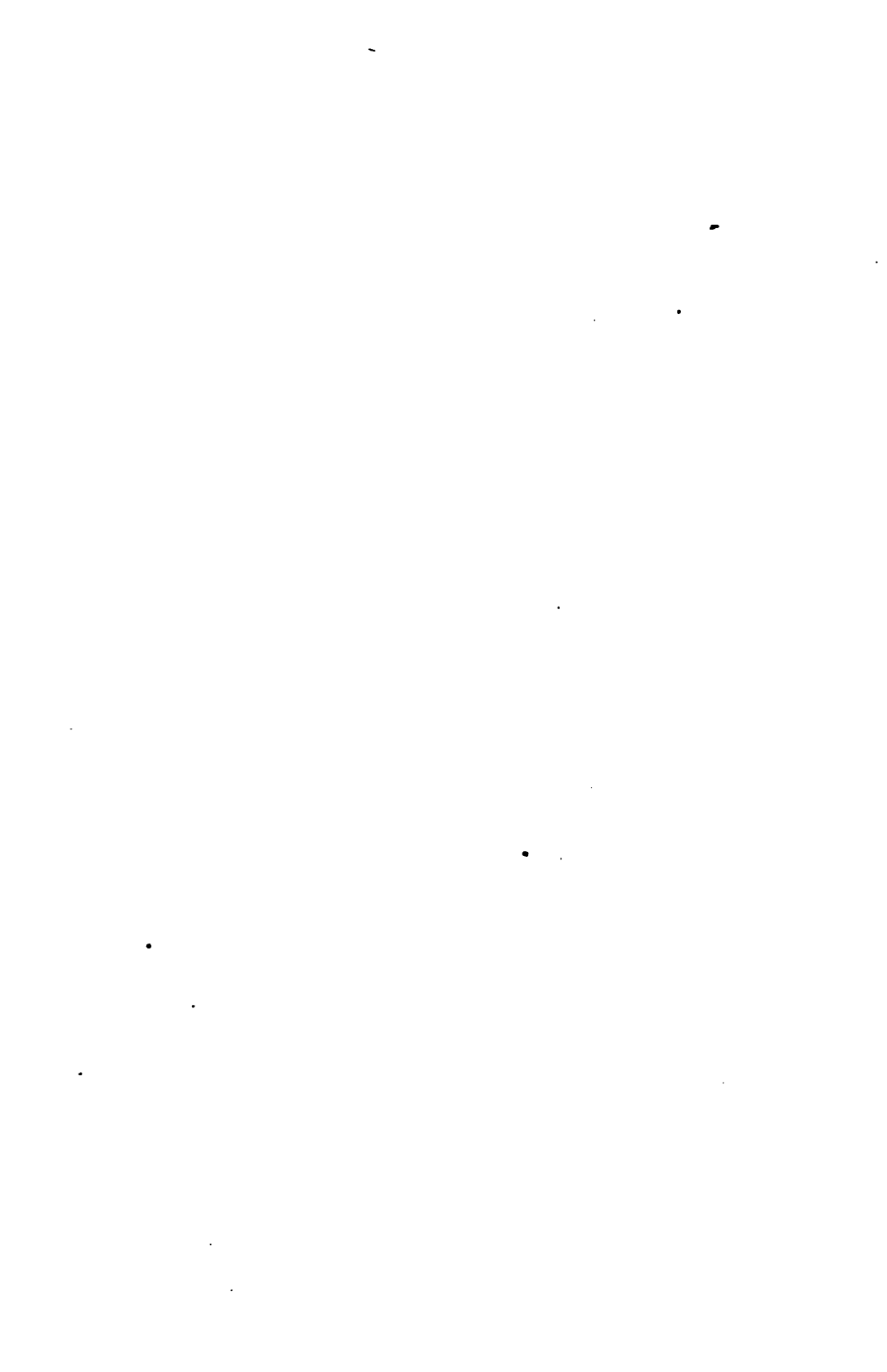
A LITTLE girl was told that she must not go to
the currant-bushes—that the currants would make
her sick. She said that she did not mean to, but
Satan tempted her. "Why didn't you pray, 'Get
thee behind me, Satan!'" asked her mother. "I
did," was the reply, "and he got right behind me
and pushed me into the bushes."—*Exchange.*

MATERFAMILIAS (to Tommy, who is helping him-
self liberally to currant-jam at the supper-table):
"After that solemn warning of yesterday, I should
think you would not eat so much preserves."

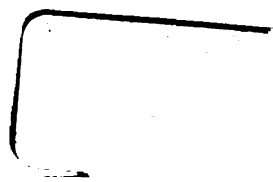
Tommy: "What solemn warning, mamma?"

Materfamilias: "The death of Jumbo; he died
of too much jam, you know."—*Pittsburgh Chronicle-
Telegraph.*

"Was it raining very hard when you came in?"
asked Bobby of Featherly, who was making an
evening call. "Raining?" said Featherly. "Cer-
tainly not. The stars were out." "It's funny,"
continued Bobby thoughtfully. "Pa had a gen-
tleman here to dinner to-night, and I heard ma say
as you came up the steps that it never rains but it
pours."—*Chicago Journal.*



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